



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Basil


Basil is used both dry and fresh, but the taste of the two versions can be quite different! If you have any dry basil in your pantry, try and compare the flavours and scents of fresh vs. dry. Do you have a favourite?



4 Tuscan Chicken Calzones

A much healthier take on the popular take-away classic; calzones! Made with fresh veggies, Tuscan-style chicken breast fillet and satisfying flatbreads.

 30 minutes

 4 servings

 Chicken

17 August 2020

Make it pizza

Instead of folding and pan-frying the flatbreads, you can make pizzas! Add toppings to 2-4 flatbreads and bake in the oven at 220°C for a few minutes until warmed through and cheese has melted.

FROM YOUR BOX

RED ONION	1/4 *
TUSCAN CHICKEN TENDERS	1 packet
BOCCONCINI	1 tub
GREEN OLIVES	1/2 jar *
BABY SPINACH	1/2 bag (100g) *
LEBANESE FLATBREADS	1 packet
PIZZA SAUCE SACHETS	2
GREEN CAPSICUM	1
CHERRY TOMATOES	1 bag (200g)
BASIL	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil (for cooking), salt, pepper, red wine vinegar

KEY UTENSILS

large frypan

NOTES

Any leftover bits from assembling the calzones can simply be added to the salad!

You can also cook the calzones in a sandwich press.

No gluten option – flatbreads are replaced with GF wraps.



1. PREPARE THE FILLINGS

Slice red onion, chicken, bocconcini (reserve a couple for the salad) and olives. Roughly chop spinach.



2. MAKE THE CALZONES

Spread flatbreads with a thin layer of pizza paste. Arrange fillings over one half of each flatbread. Fold in half and rub with a little oil (see notes).



3. COOK THE CALZONES

Heat a frypan over medium-high heat (see notes). Add the calzones (in batches) and cook for 3-4 minutes each side. Press down lightly to help the cheese melt.



4. MAKE THE SALAD

Roughly dice capsicum, halve cherry tomatoes and tear basil. Toss together with **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper.**



5. FINISH AND PLATE

Halve or quarter calzones and serve with salad.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

