



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Holy Smoke

Holy Smoke uses carefully selected fresh, natural and 100% WA local ingredients. They share our strong beliefs in supporting our local community.

MANJIMUP.  
**holy smoke**  
*Wood & Smoke Artisans*  
HAND CRAFTED GOURMET

## 3 Tandoori Smoked Chicken

### Picnic Pasta

Traditionally smoked tandoori style chicken tossed through protein packed legume pasta with fresh basil, ripe tomatoes and salty feta cheese.

 30 mins

 2 servings

 Chicken

4 January 2021

## Spice it up!

*Use lemon juice and zest instead of vinegar if you have some. Add some chilli flakes or fresh chilli for an extra kick!*

Per serve: **PROTEIN** 67g **TOTAL FAT** 38g **CARBOHYDRATES** 99g

## FROM YOUR BOX

LEGUME PASTA	1 packet
SHALLOT	1
KALE	1/2 bunch *
CHERRY TOMATOES	1 bag (200g)
BASIL	1 packet (20g)
TANDOORI CHICKEN BREAST	1 packet
FETA CHEESE	1/2 packet *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, red wine vinegar, garlic (1 clove)

## KEY UTENSILS

frypan, saucepan

## NOTES

Rinse the pasta under cold water to cool it down if you prefer more of a pasta salad. If you prefer a warmer dish you can add the tomatoes and chicken to the pan along with the kale.



### 1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta to boiling water and cook for 7–8 minutes until al dente. Drain and rinse (see notes).



### 2. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with **oil**. Slice and add shallot and kale leaves. Add **1 crushed garlic clove** and cook for 3–4 minutes until softened. Season with **salt and pepper**.



### 3. PREPARE INGREDIENTS

Quarter the tomatoes. Slice basil leaves and chicken breast. Dice feta cheese.



### 4. TOSS THE PASTA

Toss the cooked pasta with prepared ingredients and sautéed vegetables. Stir through **1 tbsp vinegar**, **1 tbsp olive oil** and season with **salt and pepper**.



### 5. FINISH AND PLATE

Divide pasta among bowls to serve.

**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**

