



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Jerusalem artichoke

The Jerusalem artichoke is actually a variety of sunflower and looks quite a lot like ginger root. It has a lovely sweet and nutty flavour.



3 Jerusalem Artichoke Pasta

Naturally gluten-free chickpea fettuccini tossed in pesto with smoked chicken and roasted Jerusalem artichokes.

 30 mins

 4 servings

 Chicken

9 July 2021

Change up the dish!

If you don't feel like pasta, save the fettuccini for another night and turn the remaining ingredients into a frittata. Roast the artichokes as per instructions, then add them to a large frypan with remaining ingredients and 6 beaten eggs. Cook on medium heat, covered, for 8-10 minutes or until set.

Per serve: **PROTEIN** 37g **TOTAL FAT** 110g **CARBOHYDRATES** 61g

FROM YOUR BOX

JERUSALEM ARTICHOKES	400g
CHICKPEA FETTUCCINI	1 packet
SHALLOT	1
SMOKED CHICKEN BREAST	1 packet (250g)
PARSLEY	1/2 bunch *
PESTO	1 jar
SILVERBEET	1/2 bunch *
LEMON	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

As with many pasta dishes, some grated parmesan cheese would make a great garnish to this dish.



1. JERUSALEM ARTICHOKES

Set oven to 220°C.

Cut artichokes into 1cm thick slices. Place on a lined oven tray, coat with **oil**, season with **salt and pepper**. Roast for 15–20 minutes until golden brown.



2. COOK THE PASTA

Bring a saucepan of water to the boil. Place the pasta in the boiling water and cook for 4 minutes. Reserve **1/2 cup cooking liquid**. Drain and rinse.



3. PREPARE INGREDIENTS

Slice shallot and chicken, roughly chop parsley.



4. SAUTÉ THE SHALLOT

Heat a frypan over medium–high heat with **oil**. Add the shallot and sauté for 2–3 minutes.



5. TOSS THE PASTA

Add chicken, parsley and pesto into the frypan along with pasta and **reserved pasta water**, squeeze in juice from lemon to taste (wedge remaining if desired). Toss until well coated. Slice and stir through silverbeet until wilted. Season with **salt and pepper**.



6. FINISH AND PLATE

Place pasta in bowls and top with roasted Jerusalem artichokes (see notes) and any remaining lemon wedges.

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