

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Basil


Fresh basil is best added to dishes for a short cooking time or fresh at the end, otherwise it will lose its lovely flavour!



3 Creamy Boscaiola Pasta with Chicken

A one pot pasta dish with roast chicken, cherry tomatoes and spinach in a creamy mushroom and Neapolitan sauce, finished with fresh basil.

 20 minutes

 2 servings




 Chicken

29 October 2021

Make it a bake!

Transfer the pasta to an oven dish and cover with grated cheese. Place under the grill to create a delicious cheesy pasta bake.

FROM YOUR BOX

SHORT PASTA	1/2 packet (250g)
SHALLOT	1
YELLOW CAPSICUM	1/2 *
CHERRY TOMATOES	1 bag (200g)
BOSCAIOLA SAUCE	1 pouch (400g)
COOKED CHICKEN BREAST 	1 packet
BABY SPINACH	1 bag (60g)
BASIL	1 packet (20g)
 PINE NUTS	1 packet (40g)
 ANTIPASTO MIX	1 packet

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper


KEY UTENSILS

large frypan with lid, saucepan

NOTES

You can add a dried herb of choice, chilli flakes or crushed garlic to the vegetables as they cook for an extra boost of flavour!

No gluten option - pasta is replaced with GF pasta.

 **VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.**



1. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta to boiling water and cook according to packet instructions or until al dente. Reserve **1/2 cup pasta water** before draining. Set pasta aside.



2. SAUTÉ THE VEGETABLES


Meanwhile, heat a large frypan over medium-high heat with **oil**. Dice shallot and capsicum. Halve tomatoes. Add to pan as you go and cook for 5-7 minutes until softened (see notes).

 **VEG OPTION - Toast pine nuts in pan until golden. Remove and set aside before sautéing the vegetables as above.**



3. SIMMER THE SAUCE


Stir in boscaiola sauce and cooked chicken. Cover and simmer for 2-3 minutes until heated through.

 **VEG OPTION - Stir in boscaiola sauce. Cover and simmer as above.**



4. TOSS THE PASTA


Add cooked pasta, reserved pasta water and baby spinach to pan. Toss to combine. Season with **salt and pepper** to taste.

 **VEG OPTION - Add antipasto mix to pan along with pasta and spinach. Cook as above.**



5. FINISH AND SERVE

Divide pasta among bowls. Slice basil leaves and use to garnish.

 **VEG OPTION - Garnish pasta with sliced basil leaves and toasted pine nuts before serving.**

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