



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Rosemary


Keep leftover rosemary sprigs in water on your kitchen bench. They will develop roots after 2-3 weeks!



## 2 Chicken & Pumpkin Pasta with Almonds

A delicious combination of rosemary, pumpkin, creamy feta cheese, cherry tomatoes and toasted almonds all tossed together with pasta and tender chicken pieces.

 25 minutes

 2 servings

 Chicken



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## Extra flavour!

*Add some crushed garlic or a dried herb of choice to the chicken as it cooks, for extra flavour. If you like a little heat you can add some chilli flakes at the end.*



## FROM YOUR BOX

SHORT PASTA	1/2 packet (250g)
SLIVERED ALMONDS	1 packet (40g)
DICED CHICKEN BREAST 	300g
ROSEMARY SPRIG	1
SPRING ONIONS	2
CHERRY TOMATOES	1 bag (200g)
DICED PUMPKIN	1 bag (300g)
FETA CHEESE	1/2 packet (100g) *
BABY SPINACH	1/2 bag (60g) *
 BBQ ARTICHOKE	1 tub (250g)

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, 1/2 stock cube


## KEY UTENSILS

large frypan with lid, saucepan

## NOTES

You can use 1/2 tsp stock paste or 1/2 cup liquid stock instead of a stock cube.

**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 the boil. Add pasta and cook according to packet instructions or until cooked al dente. Drain (see step 5).



### 2. TOAST THE ALMONDS

Meanwhile, heat a large frypan over medium-high heat and toast almonds until golden, transfer to a bowl and keep pan over heat.



### 3. COOK THE CHICKEN

Add oil and diced chicken to pan. Chop and add rosemary (to yield 1/2 tsp). Cook for 3-4 minutes until golden. Season with salt and pepper.

 **VEG OPTION** - Skip this step.



### 4. COOK THE VEGETABLES

Slice spring onions and halve tomatoes. Add to pan along with pumpkin and crumbled stock cube. Pour in 1/2 cup water, cover and simmer over medium-high heat for 10 minutes.

 **VEG OPTION** - Chop rosemary leaves to yield 1/2 tsp. Add to pan and cook as above.



### 5. STIR THROUGH SPINACH

Once tender, mash pumpkin slightly, take off heat. Crumble and add feta cheese along with spinach and cooked pasta. Toss until combined. Season with salt and pepper.

 **VEG OPTION** - Drain, chop and add artichokes.



### 6. FINISH AND SERVE

Divide pasta among bowls and garnish with toasted almonds.

**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](mailto:hello@dinnertwist.com.au)

