



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Beerenberg


200 years ago, George & Anna Paech settled in the Adelaide Hills from Prussia and started what is today known as the Beerenberg Farm. The name Beerenberg means 'Berry Hill' in German.

FROM THE  
**BEERENBERG**  
FAMILY FARM

## 1 Tarragon Chicken Pasta

Quick and easy mid-week pasta dish with chicken, broccoli and sun-dried tomatoes. Flavoured with garlic, tarragon and dijon mustard.




 20 minutes

 4 servings

 Chicken



## FROM YOUR BOX

SHORT PASTA	1 packet (500g)
BROCCOLI	1
DICED CHICKEN THIGHS 	500g
DIJON MUSTARD	1 jar (23g)
SOUR CREAM	1/2 tub (100g) *
SUN-DRIED TOMATOES	1 packet
ROCKET LEAVES	1 bag (60g)
 SLICED MUSHROOMS	500g
 ARTICHOKEs	1 packet

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, soy sauce, cornflour, dried tarragon (or oregano), 2 garlic cloves


## KEY UTENSILS

saucepan, large frypan

## NOTES

If you don't have tarragon you can use dried oregano, basil, sage or rosemary instead!

**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 PASTA & BROCCOLI

Bring a large saucepan of water to the boil. Add pasta and cook according to the packet instructions. Cut broccoli into small florets and add for the last 2-3 minutes. Drain and rinse in cold water.



### 2. COOK THE CHICKEN

Heat a large pan with **oil/butter** over medium-high heat. Add chicken and season with **2 crushed garlic cloves** and **1 tbsp soy sauce**. Cook for 6-8 minutes.

 **VEG OPTION** - Heat a large pan with **oil** over medium heat. Add **mushrooms** and cook until softened, season with **crushed garlic** and **1 tbsp soy sauce**.



### 3. WHISK THE SAUCE

Meanwhile, whisk to combine mustard, **1 cup water**, 100g sour cream, **1 tbsp cornflour**, **2 tsp dried tarragon** in a bowl.



### 4. ADD THE SAUCE

Stir sauce into pan with chicken. Simmer for further 3-5 minutes. Drain, chop (if required) and add sun-dried tomatoes.

 **VEG OPTION** - Cook as above, also adding **drained artichokes**.



### 5. TOSS PASTA & SAUCE

Toss cooked pasta into sauce. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Serve pasta at the table and top with rocket leaves.

**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)

