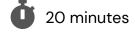


Tarragon Chicken Pasta

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







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 1tbsp 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



