




Product Spotlight: Pine nuts

Pine nuts are seeds from pine trees. You'll find them between the scales of pine cones. While all pine trees yield pine nuts, only about 20 species have pine nuts large enough to be worth eating.




Creamy Sun-dried Tomato Pasta with Chicken

A deliciously creamy sauce made from sun-dried tomatoes blended with sour cream tossed with pasta, tender chicken pieces, spinach and finished with toasted pine nuts.

 30 minutes

 4 servings

 Chicken

Cooking for little ones

Finely chop the spinach before tossing it through the pasta to hide the greens.

Per serve: **PROTEIN** 58g **TOTAL FAT** 14g **CARBOHYDRATES** 110g

FROM YOUR BOX

SHORT PASTA	1 packet (500g)
SUN-DRIED TOMATOES	1 tub
SOUR CREAM	1 tub
PINE NUTS	20g
DICED CHICKEN BREAST	450g
BROWN ONION	1
TOMATOES	2
ENGLISH SPINACH	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, balsamic vinegar

KEY UTENSILS

large frypan, saucepan, stick mixer or blender

NOTES

Skip step 2 and add sun-dried tomatoes and sour cream straight into step 5 instead.

You can cook the chicken separately and serve on top of the pasta if preferred!

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

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



2. BLEND THE SAUCE

Roughly chop sun-dried tomatoes and blend with **1/4 cup water** and sour cream using a stick mixer or blender until smooth (see notes). Set aside.



3. TOAST THE NUTS

Add pine nuts to a dry frypan over medium-high heat. Toast for 5 minutes until golden. Remove and keep pan on heat.



4. COOK THE CHICKEN

Add **2 tbsp oil** to pan with chicken. Dice and add onion and tomatoes (see notes). Stir in **2 tsp oregano** and **1 tbsp balsamic vinegar**. Cook, semi-covered for 8-10 minutes until chicken is cooked through.



5. TOSS THE PASTA

Trim, rinse and chop spinach. Add to pan with sauce, cooked pasta and **1/2 cup reserved cooking water** (use more if needed). Toss until well combined and spinach has wilted. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Garnish pasta with toasted pine nuts and serve at the table.



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