




Product Spotlight: Boscaiola Sauce


The boscaiola sauce in this dish comes from Perth-based Vesuvio Pasta! The ingredient list is short and doesn't feature any nasties. You can find more varieties on our Marketplace!




Creamy Chicken Boscaiola Pasta

A creamy tomato sauce with mushrooms tossed with long pasta and chicken mince flavoured with thyme and sautéed vegetables, and finished with fresh rocket leaves.

 25 minutes

 2 servings

 Chicken

6 January 2023

Make it child friendly!

You can grate the zucchini to hide the greens. Finely dice capsicum and cook the tomatoes down further. Garnish the pasta with some grated parmesan cheese if you have some!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	53g	46g	113g

FROM YOUR BOX

LONG PASTA	1 packet
CHICKEN MINCE	250g
ZUCCHINI	1
TOMATO	1
YELLOW CAPSICUM	1
BOSCAIOLA SAUCE	1 pouch
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

KEY UTENSILS

large frypan, saucepan

NOTES

You can cook the whole packet of pasta and add more vegetables to make extra servings. Save any leftovers for lunch the next day.

You can add any dried herb of choice to the chicken! Dried oregano, tarragon and Italian herbs work well, or even fresh chopped rosemary.

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add 1/2 packet pasta to boiling water and cook according to packet instructions or until al-dente (see notes). Drain and set aside.



2. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Add chicken and **1/2 tsp dried thyme** (see notes). Cook for 5 minutes until starting to brown. Season with **salt and pepper**.



3. ADD THE VEGETABLES

Slice zucchini into crescents and dice tomato. Slice capsicum. Add to pan and cook for 5-8 minutes until softened.



4. TOSS THE PASTA

Add boscaiola sauce and cooked pasta to pan, toss to combine. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Divide pasta among shallow bowls and garnish 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**

