




Product Spotlight: Capers


Capers are little flower buds! They come from the Flinders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.




Pasta Primavera with Chicken and Ricotta

Bowtie pasta tossed with fresh creamy ricotta, tender chicken pieces, colourful vegetables and finished with a burst of citrus from capers.

 25 minutes

 4 servings

 Chicken

2 June 2023

Use fresh herbs!

If you have any fresh thyme, basil or oregano, you can use it in this dish!

Per serve: **PROTEIN** 59g **TOTAL FAT** 20g **CARBOHYDRATES** 108g

FROM YOUR BOX

SHORT PASTA	500g
CHICKEN STIR-FRY STRIPS	600g
TOMATOES	2
ZUCCHINI	1
YELLOW CAPSICUM	1
RICOTTA	1 tub (500g)
CAPERS	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs, 1 garlic clove

KEY UTENSILS

large frypan, saucepan

NOTES

You can grate or peel the zucchini to further hide any greens from fussy eaters!

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. Drain and set aside.



2. SEAL THE CHICKEN

Heat a frypan over medium-high heat with oil. Add chicken and **3 tsp dried Italian herbs**. Cook for 3-4 minutes until sealed. Season with **salt and pepper**.



3. ADD THE VEGETABLES

Dice tomatoes and zucchini (see notes). Slice capsicum. Add to pan as you go. Add **1 crushed garlic clove** and cook for 6 minutes until softened.



4. TOSS THE PASTA

Stir ricotta and cooked pasta with chicken and vegetables until well combined. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Divide pasta among bowls. Garnish with drained capers.



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