



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






2-4 servings



Chicken

FROM YOUR BOX

SHORT PASTA	250g
BROCCOLI	1
DICED CHICKEN THIGHS 	300g
DIJON MUSTARD	1 jar (23g)
SOUR CREAM	1/2 tub (100g) *
SUN-DRIED TOMATOES	1 packet
ROCKET & SPINACH MIX	1/2 bag (60g) *
 SLICED MUSHROOMS	250g
 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, 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 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 pan with **oil/butter** over medium-high heat. Add chicken and season with **1-2 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, **1/2 cup water**, 100g sour cream, **2 tsp cornflour**, **1 1/2 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 (use to taste).

 **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 spinach & 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

