



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Green Beans


Unlike fruits which become sweeter the longer they stay on the tree or bush, beans are sweetest when young. If left on the vine, beans wither and the seeds dry and harden.



2 Red Pesto Pasta with Grilled Chicken

Sautéed cherry tomatoes, capsicum, zucchini and green beans tossed with spaghetti, red pesto and parmesan cheese. Served with grilled oregano chicken.

 20 minutes

 2 servings




 Chicken

3 September 2021

Roast it!

Roast veggies and chicken in the oven – if you prefer. Toss with half of the pesto and add in some precooked potatoes or other root vegetables for a convenient one tray meal!

FROM YOUR BOX

CHICKEN THIGH FILLETS 	300g
YELLOW CAPSICUM	1
ZUCCHINI	1
GREEN BEANS	1 bag (150g)
CHERRY TOMATOES	1/2 packet (100g) *
LONG PASTA	250g
RED PESTO	1 jar (135g)
PARMESAN CHEESE	1 packet (125g)
 DICED PUMPKIN	1 bag (200g)
 SEED MIX	1 packet

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, dried oregano

KEY UTENSILS


saucepan, grill pan, frypan
(oven tray for vegetarian option)

NOTES

Reuse the saucepan to cook the veggies at step 4, to reduce the amount of pans used!

Thinly slice chicken and toss though the pasta instead if you like!

No gluten option - pasta is replaced with GF pasta.


 **VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.**



1. GRILL THE CHICKEN

Bring a saucepan of water to the boil.


Coat chicken with **1 tsp oregano, oil, salt and pepper**. Cook in a grill pan over medium-high heat for 5-8 minutes on each side until cooked through. Set aside.

 **VEG OPTION - Set oven to 220°C and bring a saucepan of water to the boil.**



2. PREPARE THE VEGETABLES


Slice capsicum and zucchini (use to taste), chop beans and halve cherry tomatoes.

 **VEG OPTION - Prepare as above, tossing everything except beans on a lined oven tray with pumpkin. Toss with oil, 1 tsp oregano, salt and pepper. Roast for 15-20 minutes until tender & golden.**



3. COOK THE PASTA

Add pasta to boiling water and cook according to packet instructions, or until al dente. Drain, reserving **1 cup pasta water**.

 **VEG OPTION - Cook as above. Chop and add beans to boiling water for the last 2-3 minutes of cooking.**



4. COOK THE VEGETABLES


While chicken and pasta are cooking, heat a frypan with **oil/butter** over medium-high heat (see notes). Add veggies and cook for 5-6 minutes or until softened to your liking. Season with **salt and pepper**.

 **VEG OPTION - Skip this step.**



5. TOSS PASTA AND PESTO

Add 1/2 jar pesto and pasta to frypan with veggies along with 1/4 bag parmesan cheese and **1/3 cup reserved water**. Warm through and adjust seasoning to taste.


 **VEG OPTION - Toss together as above in the pasta saucepan instead of frypan.**



6. FINISH AND SERVE

Slice the grilled chicken.

Serve red pesto pasta topped with sliced chicken and parmesan cheese to taste.

 **VEG OPTION - Serve roasted veggie and red pesto pasta topped with parmesan cheese to taste and seed mix.**

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**

