



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Rosemary

Keep leftover rosemary sprigs in water on your kitchen bench. They will develop roots after 2-3 weeks!



2 Chicken & Pumpkin Pasta with Almonds

A delicious combination of rosemary, pumpkin, creamy feta cheese, cherry tomatoes and toasted almonds all tossed together with pasta and tender chicken pieces.

 25 minutes

 2 servings



 Chicken

19 November 2021

Extra flavour!

Add some crushed garlic or a dried herb of choice to the chicken as it cooks, for extra flavour. If you like a little heat you can add some chilli flakes at the end.

FROM YOUR BOX

SHORT PASTA	1/2 packet (250g)
SLIVERED ALMONDS	1 packet (40g)
DICED CHICKEN BREAST 	300g
ROSEMARY SPRIG	1
SPRING ONIONS	2
CHERRY TOMATOES	1 bag (200g)
DICED PUMPKIN	1 bag (300g)
FETA CHEESE	1/2 packet (100g) *
BABY SPINACH	1/2 bag (60g) *
 BBQ ARTICHOKE	1 tub (250g)

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, 1/2 stock cube


KEY UTENSILS

large frypan with lid, saucepan

NOTES

You can use 1/2 tbsp stock paste or 1/2 cup liquid stock instead of a stock cube.

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 THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions or until cooked al dente. Drain (see step 5).



2. TOAST THE ALMONDS

Meanwhile, heat a large frypan over medium-high heat and toast almonds until golden, transfer to a bowl and keep pan over heat.



3. COOK THE CHICKEN


Add oil and diced chicken to pan. Chop and add rosemary (to yield 1/2 tbsp). Cook for 3-4 minutes until golden. Season with salt and pepper.

 **VEG OPTION** - Skip this step.



4. COOK THE VEGETABLES

Slice spring onions and halve tomatoes. Add to pan along with pumpkin and crumbled stock cube. Pour in 1/2 cup water, cover and simmer over medium-high heat for 10 minutes.

 **VEG OPTION** - Chop rosemary leaves to yield 1/2 tbsp. Add to pan and cook as above.



5. STIR THROUGH SPINACH

Once tender, mash pumpkin slightly, take off heat. Crumble and add feta cheese along with spinach and cooked pasta. Toss until combined. Season with salt and pepper.

 **VEG OPTION** - Drain, chop and add artichokes.



6. FINISH AND SERVE

Divide pasta among bowls and garnish with toasted almonds.

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

