

Webfid00231hero onepanchickenpasta 262

Chicken Pasta with Basil

and Fresh Cherry Tomato Sauce



30-40min



4 Portions

Often the most simple things in life are the best and this dish is a perfect example of just that. Pan-fried chicken tenderloins, a simple tomato-based sauce with basil, garlic and onion and some al dente pasta are all that make up this easy dinner that's guaranteed to please the adults and the kids.

What we send

- dried chilli flakes
- chopped tomatoes
- basil, 4 garlic cloves
- parmesan ⁷
- linguine ¹
- onion
- cherry tomatoes
- free-range chicken tenderloins

What you'll require

- extra virgin olive oil
- salt and pepper

Utensils

- Colander
- grater
- large frypan
- large saucepan

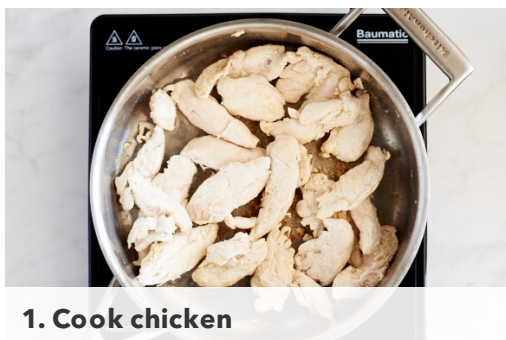
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

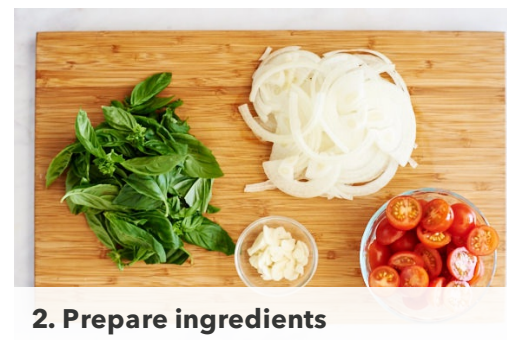
Nutrition per serving

Energy 645.0kcal, Fat 15.7g, Proteins 56.4g, Carbs 67.5g



1. Cook chicken

Bring a large saucepan of salted water to the boil for the pasta. Heat 1 tbs **oil** in a large frypan over medium-high heat. Cook the **chicken** for 5 mins, turning, until golden on all sides and cooked through. Remove from the pan and set aside. Cover to keep warm.



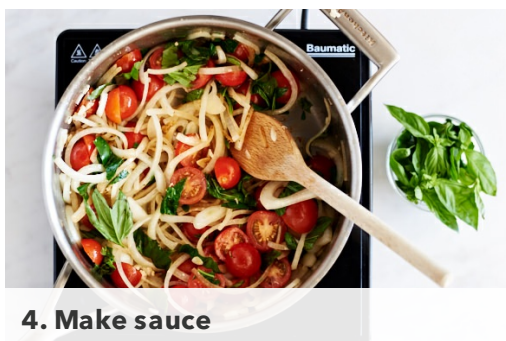
2. Prepare ingredients

Halve the **cherry tomatoes**, quarter any larger ones. Thinly slice the **onion** and **garlic**. Pick the **basil** leaves, discard stems and coarsely tear any larger leaves.



3. Cook pasta

Cook the **pasta** in the pan of boiling water for 8-10 mins until al dente. Drain.



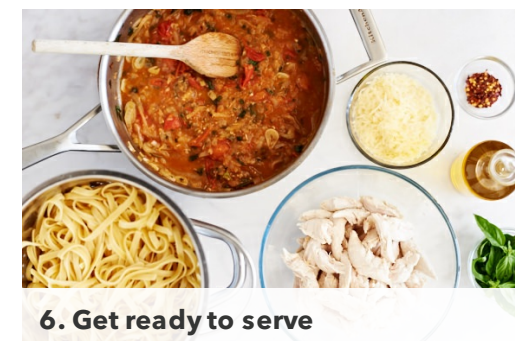
4. Make sauce

Meanwhile, heat 1½ tbs **oil** in the same frypan over medium heat. Cook the **onion** and **garlic** for 6-8 mins until softened and translucent. Add 250ml (1 cup) **water**, the **chopped tomatoes**, **cherry tomatoes** and half the **basil**. Reduce heat and cook for 10 mins or until softened.



5. Grate cheese

Meanwhile, finely grate the **parmesan**.



6. Get ready to serve

Thickly slice or tear the **chicken**. Divide the **pasta** and **sauce** between 4 bowls and top with **chicken**. Garnish with the remaining **basil** leaves and grated **cheese**. Drizzle with a little **oil**. Serve parents' dish topped with **chilli flakes** to taste.