

MARLEY SPOON



Spicy Chicken, Zucchini

and Lemon Pasta with Pangrattata



20-30min



2 Portions

Up your pasta game tonight by sprinkling the finished dish with a homemade aromatic pangrattata. Pangrattata is made by frying breadcrumbs with aromatics. Here, we've used garlic and sea salt to make ours. Combined with spicy chicken and zesty pasta, this dish is sure to set your palate alight tonight with a flavour combo you'll want to relive over and over again!

What we send

- mint and 2 garlic cloves
- dried chilli flakes
- rigatoni ¹
- zucchini
- lemon
- panko breadcrumbs ¹
- lemon pepper spice mix
- free-range chicken tenderloins

What you'll require

- olive oil
- salt and pepper

Utensils

- Colander
- deep frypan
- foil
- grater
- large saucepan
- oven tray
- Slotted spoon

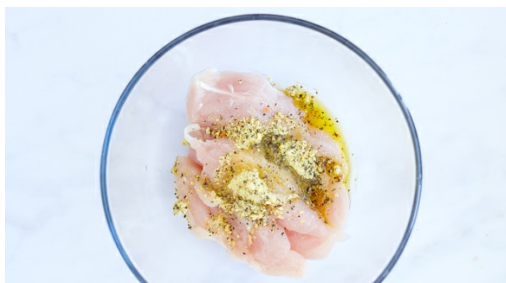
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1). May contain traces of other allergens.

Nutrition per serving

Energy 765.0kcal, Fat 18.5g, Proteins 51.8g, Carbs 92.8g



1. Prepare chicken

Place the **chicken tenderloins** in a bowl with 1 tbs **oil** and 3 tsp of the **lime pepper spice mix** and toss to coat. Bring a large saucepan of salted water to the boil for the pasta.



2. Make pangrattata

Crush or finely chop 1 **garlic clove**. Heat a medium frypan over a medium high-heat and cook **breadcrumbs** for 5 mins. Then add 1 tbs **oil** and chopped garlic for 2-3 mins until golden. Season with **sea salt** and transfer to a bowl.



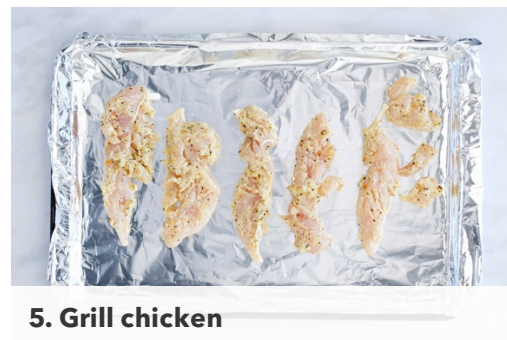
3. Prepare ingredients

Slice the remaining **garlic**. Zest the **lemon** and squeeze the juice into a separate bowl. Trim and thinly slice the **zucchini**. Pick the **mint** leaves (discard stems) and coarsely chop. Preheat oven grill to high.



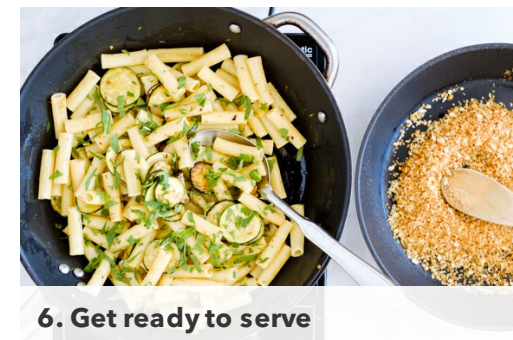
4. Cook zucchini

Cook **pasta** in pan of boiling water for 10-12 mins until al dente. Meanwhile, heat 1 tbs **oil** in same frypan over medium heat. Cook **sliced garlic**, 1 tbs **lemon zest** and pinch **chilli flakes** (use to taste) for 2-3 mins until golden. Transfer **chilli garlic mixture** to a bowl with a slotted spoon. Increase heat to high and cook **zucchini** for 5-6 mins until golden.



5. Grill chicken

Meanwhile, place the **chicken tenderloins** on a foil lined oven tray and cook under the grill for 2-3 mins each side until lightly golden and cooked through.



6. Get ready to serve

Reserve 60ml (¼ cup) pasta cooking liquid, then drain well. Return the pasta to the pan with the **zucchini**, **reserved cooking liquid**, **chilli garlic mixture** and 2 tbs **lemon juice**. Stir well, then add the **mint**. Serve the **pasta** and **chicken** sprinkled with the **pangrattata**.