

MARLEY SPOON



Pan-fried Vegan Chicken,

Tomato and Kale Pasta

 20min  2 Portions

Vegans and chicken-lovers alike will love this speedy pasta dish that's on the table in just 25 minutes. Flavour-boosting ingredients, such as garlic and capers, add a lovely acidic touch to a quick tomato pasta sauce, while kale gives us a good hit of vitamins, folate and magnesium.

What we send

- spaghetti ¹
- vegan protein ⁶
- kale
- capers
- tomatoes
- garlic

What you'll require

- balsamic vinegar ¹⁷
- caster sugar
- extra virgin olive oil
- salt and pepper

Utensils

- large frypan
- large saucepan
- paper towel

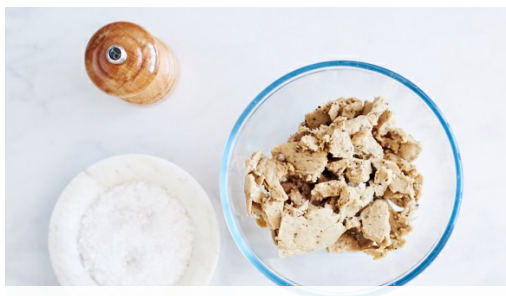
Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

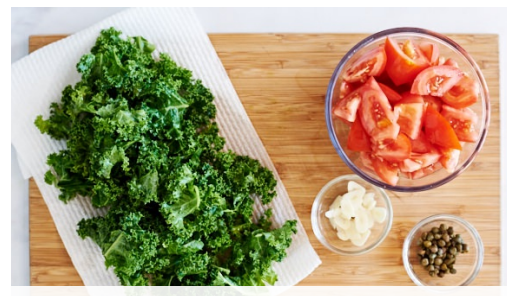
Nutrition per serving

Energy 580kcal, Fat 10.7g, Carbs 86.6g, Proteins 28.3g



1. Prepare protein

Open the packet of **vegan protein** and break into strips. Bring a large saucepan of lightly salted water to the boil for the pasta.



2. Prepare vegetables

Thinly slice the **garlic**. Coarsely chop the **tomatoes**. Rinse and pat dry the **capers**. Wash and pat dry the **kale** leaves with paper towel. Discard main vein and coarsely tear the leaves.



3. Cook pasta

Cook the **spaghetti** in the pan of boiling water for 8-10 mins until al dente. Reserve 60ml (¼ cup) cooking liquid, then drain the pasta. Return the pasta to the pan.



4. Cook protein

Meanwhile, heat 2 tsp **oil** in a large frypan over medium-high heat. Stir-fry the **protein** for 2-3 mins until golden. Remove from the pan with a slotted spoon and set aside.



5. Make sauce

Reduce heat slightly. Add the **garlic** to the pan and fry for 1 min or until golden. Add the **tomatoes, capers, 1 tsp sugar** and 2 tsp **balsamic vinegar**. Cover and cook for 8 mins or until the tomatoes soften.



6. Get ready to serve

Add the **pasta** to the **sauce** with the **protein, kale** and **reserved cooking liquid**. Stir over medium heat for 1 min to combine and heat through.