

## Chicken and Tomato Pasta

with Peas and Corn



20-30min



4 Portions

With a simple tomato-based sauce, chunks of golden chicken and the added goodness of peas and corn, this family-favourite pasta dish is quick and easy to prepare and simply delicious! Be sure to include the balsamic vinegar with the sauce - it's one of our favourite tricks for adding an irresistible depth of flavour.

## What we send

- basil and 1 garlic clove
- dried chilli flakes
- chopped tomatoes
- green peas
- penne rigata 1
- corn cob
- free-range chicken breast fillet
- onion

## What you'll require

- balsamic vinegar 17
- olive oil
- salt and pepper
- sugar

## Utensils

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

## Allergens

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

## Nutrition per serving

Energy 755kcal, Fat 7.8g, Carbs 110.0g, Proteins 56.0g



### 1. Prepare ingredients

Finely chop the **onion**. Crush or finely chop the **garlic**. Cut **chicken** into small bite-sized pieces. Bring a large saucepan of salted water to the boil for the pasta. Pick leaves from **basil**.



### 2. Start sauce

Heat 1 tbs **oil** in a large frypan over medium heat. Cook the **onion** and **garlic** for 3-4 mins until softened.



### 3. Brown chicken

Add **chicken** to pan and cook for 4-5 mins, stirring regularly until starting to brown. Laying the **corn cob** flat on a chopping board, cut off the kernels.



### 4. Add tomatoes

Stir in **tomatoes**, 1 tsp **sugar** and 2 tsp **balsamic vinegar**. Season with **sea salt and pepper**, if liked. Reduce heat to low and simmer gently, covered, for 5 mins. Remove lid and simmer for a further 3 mins or until sauce thickens slightly.



### 5. Cook pasta

Meanwhile, cook 350g of the **pasta** in the pan of boiling water for 10-12 mins until al dente (reserve remaining pasta for another use). Reserve 2 tbs of the cooking liquid, then drain the pasta.



### 6. Add vegetables

Stir the **corn** through the **sauce** and cook for 3 mins, then add the **peas** and **reserved pasta water** and cook for a further 2 mins or until heated through. Top the **pasta** with the sauce, sprinkle with **chilli flakes** to taste and **basil** leaves for the adults.