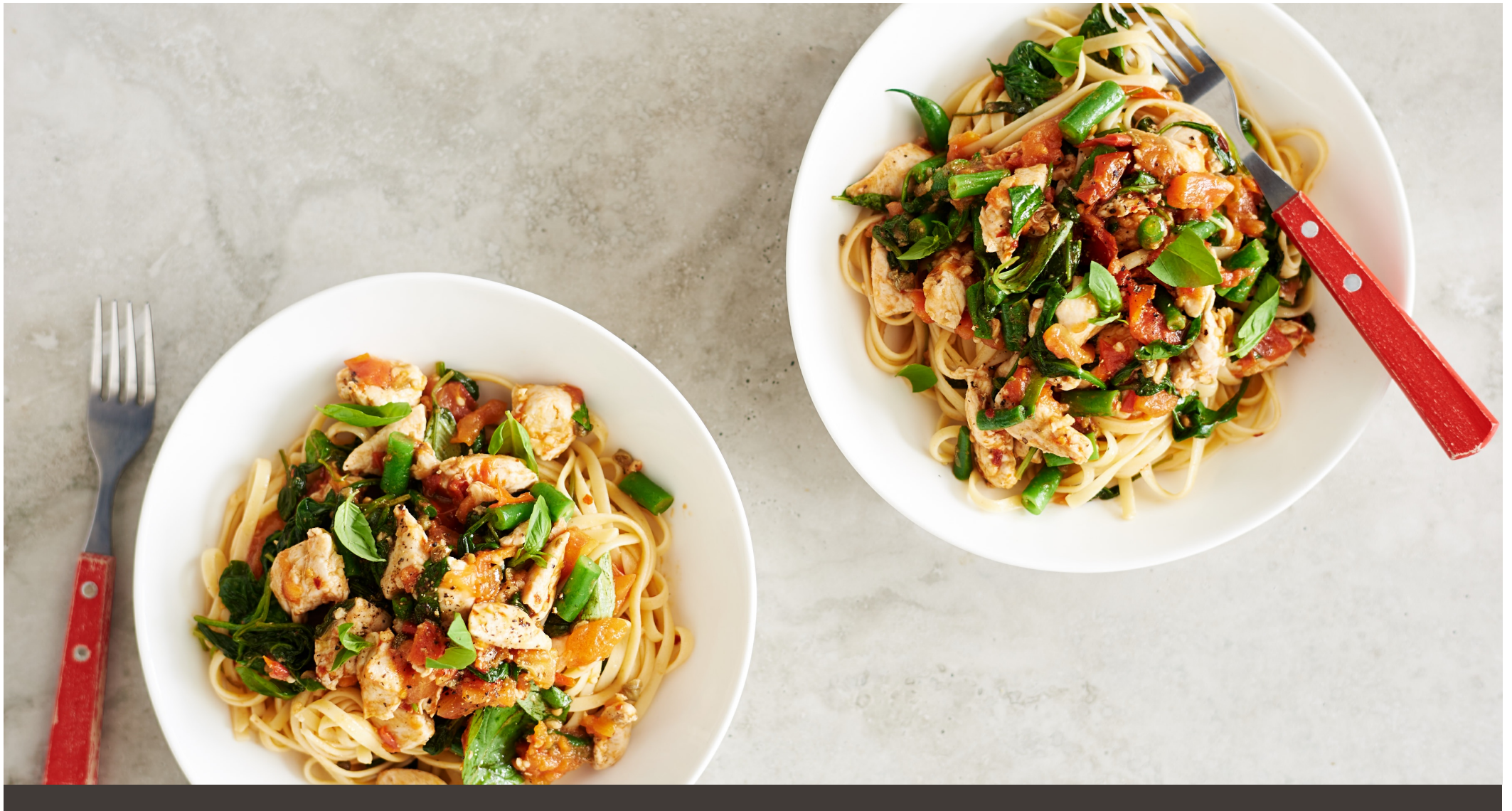


MARLEY SPOON



Sicilian Chicken

with Herb Linguine



30-40min



4 Portions

This protein-rich winner dinner has everything you need for a popular weeknight meal. It's quick and easy, with satisfying pasta, golden chicken, plenty of feel-good veggies and big classic flavour thanks to the simple additions of capers, garlic and chilli.

What we send

- linguine pasta ¹
- basil
- baby spinach leaves
- garlic cloves
- green beans
- capers
- free-range chicken tenderloins
- tomatoes
- dried chilli flakes

What you'll require

- olive oil
- sea salt and pepper
- sugar
- water

Utensils

- medium saucepan
- sieve

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

Cooking tip

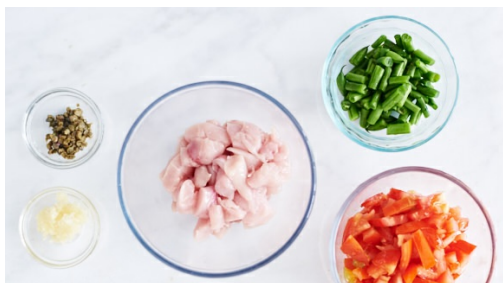
If desired, drizzle over a little extra virgin olive oil to serve.

Allergens

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

Nutrition per serving

Energy 655.0kcal, Fat 16.7g, Proteins 41.2g, Carbs 80.4g



1. Prepare ingredients

Cut the **chicken** into 2cm chunks. Finely chop or crush the **garlic**. Coarsely chop the **tomatoes**. Drain the **capers** and coarsely chop. Trim the **beans** and cut into 3cm lengths.



4. Cook pasta

Meanwhile, cook three quarters of the **linguine** in the pan of boiling water for 8 mins or until almost al dente. Add the **beans** and cook for a further 2 mins or until tender. Drain.



2. Prepare chicken

Bring a medium saucepan of salted water to the boil for the pasta. Heat half the **oil** in a deep frypan over high heat. Season the **chicken** with **salt and pepper** and cook for 2-3 mins until lightly golden. Remove from the pan with a slotted spoon and set aside.



5. Finish sauce

Return the **chicken** to the frypan with the **capers, sugar, salt and pepper**, mixing well to combine. Stir in the **spinach** and cook for a further 1-2 mins until the **spinach** wilts and the **chicken** is warmed through.



3. Start sauce

Heat the remaining **oil** in the pan over medium-low heat. Cook the **garlic** and **chilli flakes** (add to taste) for 1 min or until lightly golden. Stir in the **tomatoes** and **water**. Cover with a lid and cook for 10 mins, scraping the base of the pan occasionally to lift off any flavour.



6. Get ready to serve

Meanwhile, tear the **basil** leaves, reserving some to serve, then stir into the **sauce**. Add the **linguine** and **beans** and toss well to combine. Season to taste with **salt and pepper**. Divide the **linguine** among bowls and scatter with remaining **basil** (see cooking tip).