

DINNERLY

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Chicken Spaghetti with Crispy Crumbs



20-30 minutes



2 Servings

Chunky with chicken, zucchini, capsicum and olives, coated with thick tomato sauce, and topped with pan-fried breadcrumbs and capers, this bistro-style Italian pasta hits the table in under half an hour.

WHAT WE SEND

- free-range chicken tenderloins
- spaghetti ¹
- zucchini
- cherry tomatoes
- kalamatta olives
- capsicum
- panko breadcrumbs ¹

WHAT YOU NEED

- garlic clove
- olive oil
- sea salt and pepper
- tomato paste

TOOLS

- medium saucepan

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 850kcal, Fat 27.3g, Carbs 99.3g, Proteins 47.2g



1. Cook pasta

Bring a medium saucepan of salted water to the boil for the pasta. Crush or finely chop **1 garlic clove**. Thinly slice the **zucchini**. Thinly slice the **capsicum**, discarding the seeds and membrane. Cook **¾ of the pasta** (reserve remainder for another use) in the pan of boiling water for 6-8 mins until al dente. Reserve **60ml (¼ cup) cooking water**, then drain.



2. Toast crumbs

Meanwhile, halve the **olives**. Cut the **chicken** into 2cm chunks. Heat **1 tbs olive oil** in a large deep frypan over high heat. Cook **half the breadcrumbs** (reserve remainder for another use), stirring, for 2 mins or until golden and crisp. Remove from the pan and set aside.



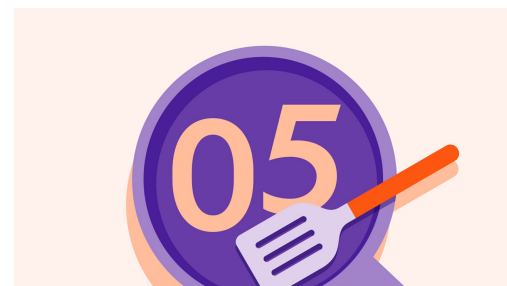
3. Cook chicken

Wipe clean, then heat **1 tbs olive oil** in the frypan over medium heat. Season the **chicken** with **salt and pepper** and cook, turning, for 4 mins or until lightly golden all over. Remove from the pan and set aside.



4. Cook vegetables

Heat **1 tbs olive oil** in the frypan over medium heat. Cook the **garlic** and **capsicum**, stirring, for 2-3 mins until lightly golden. Stir in the **cherry tomatoes**, crushing with the back of a wooden spoon. Add **1 tbs tomato paste** and the **reserved cooking water**.



5. Finish sauce

Return the **chicken** to the pan with the **olives** and **zucchini** and cook, covered, for 5 mins or until the zucchini is tender. Season with **salt and pepper**. Add the **pasta**, gently toss to combine, then divide among bowls. Scatter with the **crispy crumbs** to serve.



6. Kitchen hack

Got capers? Rinse, pat dry and coarsely chop a few, then fry with the breadcrumbs for extra flavour.