

# DINNERLY

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## Chicken Spaghetti with Crispy Crumbs



20-30 minutes



4 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

- spaghetti <sup>1</sup>
- capsicum
- free-range chicken tenderloins
- kalamatta olives
- panko breadcrumbs <sup>1</sup>
- can cherry tomatoes
- zucchini

## WHAT YOU NEED

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

## TOOLS

- large frypan with lid
- large 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 800kcal, Fat 20.9g, Carbs 102.2g, Proteins 46.5g



### 1. Cook pasta

Bring a large saucepan of salted water to the boil. Crush or finely chop **2 garlic cloves**. Thinly slice the **zucchini**. Thinly slice the **capsicums**, 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 **125ml (½ cup) cooking water**, then drain.



### 2. Toast crumbs

Meanwhile, halve the **olives**. Cut the **chicken** into 2cm chunks. Heat **2 tbs olive oil** in a large deep frypan over high heat. Cook the **breadcrumbs**, 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. Stir in **2 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.