



FAST

Tuscan Chicken Spaghetti

with Olives and Oregano



20-30min



2 Portions

Bursting with the sunny flavours of the Mediterranean, this bowl, is packed from top to bottom with seasonal veggies, chicken, rich tomato sauce, olives and oregano. Add that perennial pleaser, spaghetti, and you'll have a new favourite, even with the pickiest of eaters.

What we send

- pitted black olives
- spaghetti ¹
- 1 large free-range chicken breast fillet
- capsicum
- diced tomatoes
- zucchini
- oregano, long red chilli, garlic

What you'll require

- olive oil
- sea salt and pepper
- sugar

Utensils

- large frypan with lid
- large saucepan
- medium saucepan

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

Cooking tip

Alternatively, serve the chilli and olives separately at the table.

Allergens

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

Nutrition per serving

Energy 660kcal, Fat 17.7g, Carbs 69.4g, Proteins 50.4g



1. Start sauce

Bring a medium saucepan of salted water to the boil for the spaghetti. Crush or finely chop the **garlic**. Finely chop the **oregano** leaves, discarding the stems. Put the **tomatoes**, garlic, oregano **½ tsp sugar** and **2 tsp olive oil** in a medium saucepan, season with **salt** and bring to the boil. Reduce heat to low and cook for 8-10 mins until the sauce is thickened.



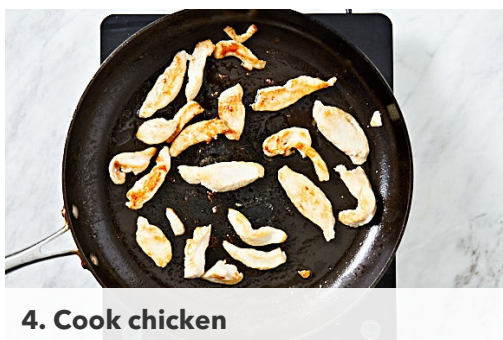
2. Prepare ingredients

Meanwhile, halve the **zucchini** lengthwise and thinly slice. Thinly slice the **capsicum**, discarding the seeds and membrane. Put the **chicken breast** flat on a board, put your hand on top and cut in half horizontally, then thinly slice into strips.



3. Cook pasta

Cook **three-quarters of the spaghetti** (the remaining spaghetti won't be used in this dish) in the pan of boiling water for 7-9 mins until al dente. Drain and return to the pan.



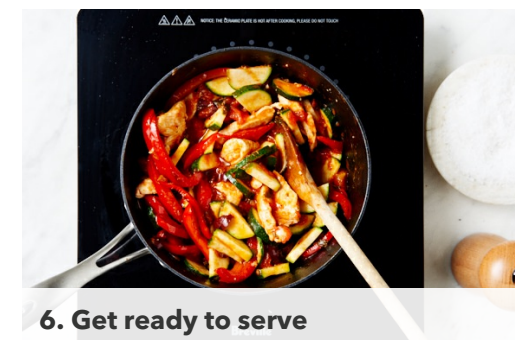
4. Cook chicken

Meanwhile, heat **2 tsp olive oil** in a medium frypan over high heat. Cook the **chicken**, turning, for 2-3 mins until light golden (it will only be partially cooked at this point). Remove from the pan. Add the **capsicum** to the pan and cook, stirring, for 4 mins or until softened.



5. Finish sauce

Add the **chicken** and **zucchini** to the **sauce**. Cook, covered, for 4-5 mins over low heat until the chicken is cooked through and the zucchini is tender. Meanwhile, coarsely chop the **olives**. Thinly slice the **chilli**, discarding seeds if less heat is desired.



6. Get ready to serve

Stir the **olives** (see cooking tip) and **capsicum** into the **sauce** and season with **salt and pepper**. Add the sauce to the **spaghetti** and toss to combine. Divide the **Tuscan spaghetti** among bowls and scatter over the **chilli** to serve.