

MARLEY SPOON



Chicken Cacciatore Pasta

with Olives and Spinach



20-30min



4 Portions

What we send

- 17
- 1
- 60g pitted kalamata olives

What you'll require

- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper
- sugar
- water

Utensils

- large deep frypan with lid
- large saucepan

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 22.8g, Carbs 84.0g, Proteins 45.4g



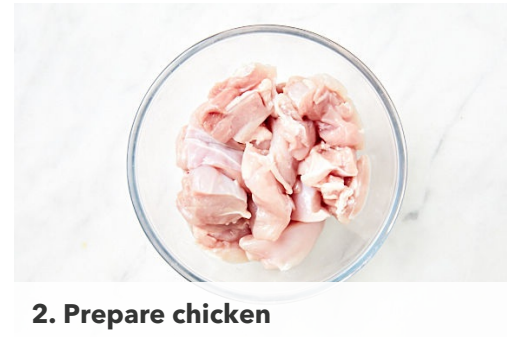
1. Prepare ingredients

Bring a large saucepan of water to the boil for the pasta. Finely chop the **onion**. Crush or finely chop the **garlic**. Quarter the **olives** lengthwise. Peel the **carrots**, quarter lengthwise and cut into 1cm chunks. Cut the **capsicums** into 1cm chunks, discarding the seeds and membrane.



4. Cook pasta

Cook the **pasta** in the pan of boiling water for 8-9 mins until al dente. Drain.



2. Prepare chicken

Trim any excess fat from the **chicken** and cut into 3cm chunks.



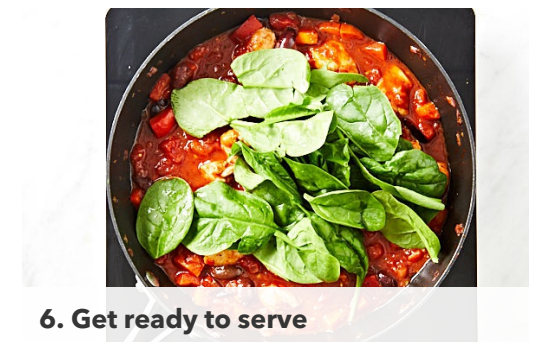
5. Finish sauce

Meanwhile, add the **tomatoes**, **2 tsp Italian herbs** (the remaining herbs won't be used in this dish), **2 tsp red wine vinegar**, 125ml (½ cup) water and a **large pinch of sugar** to the **chicken mixture**. Season with **salt and pepper**. Bring to a simmer, reduce the heat to medium and cook, stirring occasionally, for 5 mins or until slightly reduced.



3. Start sauce

Heat **2 tbs olive oil** in a large deep frypan over medium heat. Cook the **onion, garlic, carrot** and **capsicum**, stirring regularly, for 5 mins until softened. Increase the heat to medium-high, add the **chicken** and cook for 2 mins or until the chicken is starting to brown.



6. Get ready to serve

Add the **olives** and cook for 2 mins. Stir in the **spinach** and cook for 30 secs or until the spinach has wilted. Add the **pasta** and toss to combine. Divide the **pasta** among bowls to serve.