

# DINNERLY



## Smoky Chicken Pasta with Caramelised Onions and Parsley



20-30 minutes



2 Servings

Orecchiette, meaning 'little ears' in Italian, is universally loved for its chewy texture and the clever way it traps all the yumminess of a great sauce, like in this dish right here.

### WHAT WE SEND

- 1 large free-range chicken breast fillet
- 400g can cherry tomatoes
- 1 red onion
- 5g smoked paprika
- parsley
- 200g orecchiette pasta <sup>1</sup>

### WHAT YOU NEED

- garlic clove
- olive oil
- sugar

### TOOLS

- large frypan
- 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 665kcal, Fat 13.5g, Carbs 80.6g, Proteins 50.6g



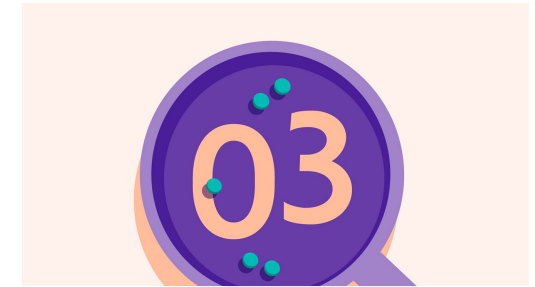
#### 1. Prep ingredients

Bring a medium saucepan of salted water to the boil for the pasta. Crush or finely chop **2 garlic cloves**. Thinly slice the **onion** into rings. Finely chop the **parsley**, discarding the stems. Put the **chicken breast** on a board, put your hand on top and cut in half horizontally into 2 equal fillets.



#### 2. Cook pasta

Cook the **pasta** in the pan of boiling water for 12 mins or until al dente. Reserve **60ml (¼ cup) cooking water**, then drain the pasta.



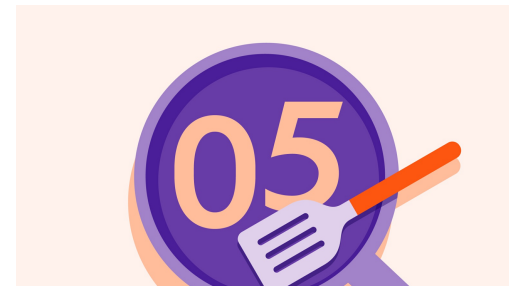
#### 3. Caramelize onions

Meanwhile, heat **2 tsp olive oil** in a large frypan over medium heat. Cook the **onion**, stirring, for 4 mins or until softened. Add **¼ tsp smoked paprika, 1 tsp sugar** and **1 tsp red wine vinegar**, season with **salt and pepper** and reduce the heat to medium-low. Cook, stirring, for a further 3 mins or until caramelised. Remove from the pan and wipe the pan clean.



#### 4. Cook chicken

Combine the **garlic, 2 tsp parsley, 1 tsp smoked paprika** and **2 tsp olive oil** in a large bowl. Add the **chicken**, season with **salt and pepper** and turn to coat. Heat the frypan over medium-high heat. Cook the chicken for 3 mins each side or until golden and cooked through. Remove from the pan and thinly slice.







#### 5. Combine and serve up

Put the **tomatoes, remaining parsley, 1 tsp sugar, ¼ tsp smoked paprika** and **reserved cooking water** in the pan over high heat. Cook, squashing the **tomatoes** with a spoon, for 2 mins or until warmed through. Taste, then season with **salt and pepper**. Add the **pasta** and **chicken** and stir to coat. Divide among bowls, spoon over the **caramelised onion** and enjoy.



#### 6. Make it cheesy

Like any good pasta, this dish tastes even better with cheese. So scatter over finely grated cheddar or parmesan in wild abandon.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)     #dinnerly

 Packed in Australia  
from at least 40%  
Australian ingredients