

DINNERLY



Smoky Chicken Pasta with Caramelised Onions and Parsley



20-30 minutes



2 Servings

You'll dive head-first into this bowl of pasta. With a juicy cherry tomato sauce, paprika-marinated chicken and caramelised onion to top it off, it's downright delicious.

WHAT WE SEND

- 1 red onion
- parsley
- 1 large free-range chicken breast fillet
- 200g farfalle pasta ¹
- 5g smoked paprika
- 400g can cherry tomatoes

WHAT YOU NEED

- garlic clove
- olive oil
- sugar
- red wine vinegar ¹⁷

TOOLS

- medium saucepan
- large frypan

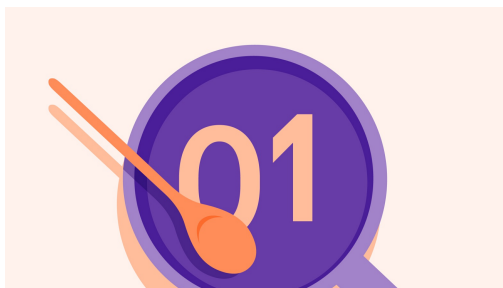
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 680kcal, Fat 14.1g, Carbs 83.8g, Proteins 49.9g



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** flat on a board, put your hand on top and cut in half horizontally into 2 equal fillets.



2. Cook pasta

Cook the **pasta** (see Kitchen note) in the pan of boiling water for 8-9 mins or until al dente. Reserve **60ml (¼ cup) cooking water**, then drain the pasta.



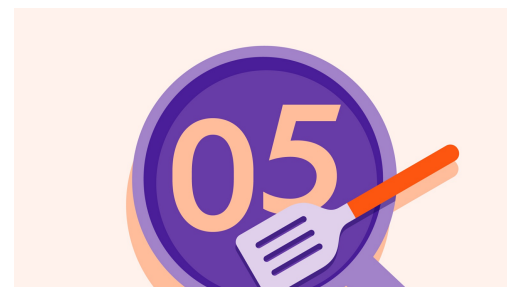
3. Caramelize onion

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 heat to medium-low. Cook, stirring, for a further 3 mins or until caramelised. Remove from the pan.



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, scatter with **caramelised onion** and enjoy.



6. Kitchen note

We've swapped the orecchiette pictured to farfalle due to availability. Don't worry, your dish will be just as delicious. Happy eating!

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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from at least **60%**
Australian ingredients