



Not Nonna's Chicken Cacciatore

with Cavatappi and Basil

Quick

Family Friendly

25 Minutes



Chicken Tenders



Crushed Tomatoes with Garlic and Onion



Balsamic Vinegar



Sweet Bell Pepper



Mushrooms



Italian Seasoning



Parmesan Cheese, grated



Cavatappi



Basil



Garlic Puree



All-Purpose Flour

HELLO ITALIAN SEASONING

Our blend of hearty herbs and zesty garlic!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, large bowl, measuring cups, large pot, large non-stick pan, paper towels, colander

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Balsamic Vinegar	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Mushrooms	113 g	227 g
Italian Seasoning	1 tbsp	2 tbsp
Parmesan Cheese, grated	¼ cup	½ cup
Cavatappi	170 g	340 g
Basil	7 g	14 g
Garlic Puree	1 tbsp	2 tbsp
All-Purpose Flour	1 tbsp	2 tbsp
Unsalted Butter*	4 tbsp	8 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Cook pasta

Add **10 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Add **cavatappi** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 8-9 min. Reserve **½ cup pasta water** (dbl for 4 ppl), then drain and return **cavatappi** to the same pot, off heat. Add **2 tbsp butter** (dbl for 4 ppl) and **half the Parmesan** to the **pasta**. Season with **salt and pepper**. Stir to combine.



Cook veggies

Heat the same pan over medium-high. Add **1 tbsp oil** (dbl for 4 ppl), then **mushrooms** and **peppers**. Cook, stirring occasionally, until **veggies** soften slightly, 4-5 min. Season with **salt**. Add **garlic puree** and cook, stirring constantly, until fragrant, 30 sec.



Prep

While **pasta** cooks, core, then cut **peppers** into ½-inch pieces. Thinly slice **mushrooms**. Roughly tear **basil**. Pat **chicken** dry with paper towels. Transfer **chicken** to a large bowl. Season with **salt** and **pepper**. Sprinkle **flour** over top, then toss to coat.



Make cacciatore

Sprinkle **Italian Seasoning** into the pan with **veggies**. Stir in **crushed tomatoes**, **vinegar** and **reserved pasta water**. Season with **salt** and **pepper**. Bring to a gentle boil. Add **chicken** and any **juices** on the plate. Cook, stirring occasionally, until **sauce** thickens, 3-4 min. Remove pan from heat and stir in **2 tbsp butter** (dbl for 4 ppl), until melted.



Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown and cooked through, 3-4 min per side.** (**TIP:** Don't overcrowd the pan; cook chicken in two batches if needed!) Transfer **chicken** to a plate.



Finish and serve

Add **½ cup sauce** (dbl for 4 ppl) to the pot with **cavatappi**, then stir to coat. Divide **cavatappi** between plates. Spoon **cacciatore** over top. Sprinkle with **remaining Parmesan** and **basil**.

Dinner Solved!