



SEP
2016

Roasted Cherry Tomato Spaghetti

with Arugula and Citrus Chicken

Roasting cherry tomatoes is the simplest way to turn them spectacular. We're pairing these sweet gems with arugula for a simple pasta dish, topped with a lemony chicken!

 Prep
30 min

 level 1



Chicken Thigh



Garlic Clove



Red Chilli



Grape Tomatoes



Arugula



Pine Nuts



Balsamic Vinegar



Lemon




Parmesan Cheese



Spaghetti

Ingredients

| | 2 People | 4 People |
|--|----------------------|-------------------|
| Chicken Thighs | 1 pkg (340 g) | 2 pkg (680 g) |
| Grape Tomatoes | 1 pkg (170 g) | 2 pkg (340 g) |
| Garlic | 2 cloves | 4 cloves |
| Long Red Chili  | 1 | 1 |
| Balsamic Vinegar | 1) 1 bottle (2 tbsp) | 2 bottle (4 tbsp) |
| Lemon | 1 | 1 |
| Pine Nuts, toasted | 2) 1 pkg (14 g) | 2 pkg (28 g) |
| Spaghetti | 3) 1 pkg (170 g) | 2 pkg (340 g) |
| Arugula | 1 pkg (56 g) | 2 pkg (113 g) |
| Parmesan Cheese, shredded | 4) 1 pkg (56 g) | 2 pkg (113 g) |
| Olive or Canola Oil* | | |

*Not Included

Allergens

- 1) Sulphites/Sulfites
- 2) Tree Nuts/Noix
- 3) Wheat/Blé
- 4) Milk/Lait

Tools

Baking sheet, Large non-stick pan, Large pot, Strainer

Nutrition per person Calories: 881 cal | Fat: 52 g | Protein: 63 g | Carbs: 41 g | Fiber: 4 g | Sodium: 720 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

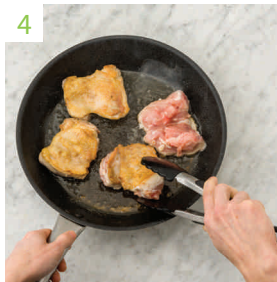
Ruler

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1 Preheat your oven to 400°F. Start prepping when your oven comes up to temperature!

2 Roast the tomatoes: Wash and dry all the produce. Cut the **grape tomatoes** in half. Toss them with the **vinegar** and a drizzle of **oil** on a baking sheet. Roast in the centre of the oven until they are slightly shrivelled and juicy, 20-22 min.



3 Prep: Meanwhile, boil a large pot of **salted water**. Zest, then cut the **lemon** in half. Mince or grate the **garlic**. Coarsely chop the **arugula**. Finely chop the **chili** (remove the seeds and ribs if you prefer less heat.)

4 Sear the chicken: Pat the **chicken thighs** dry with a paper towel, then season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the chicken, skin-side down. Cook until golden, 3 min per side. Arrange the chicken, skin-side up, on the baking sheet with the tomatoes. Sprinkle the tops with **lemon zest**. Return to the oven and roast until the chicken is cooked through, 12-15 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)



5 Cook the pasta: Add the **spaghetti** to the boiling water. Cook until pasta is al dente, 9-10 min. Drain.

6 Meanwhile, add a drizzle of **oil** in the same pan over medium, then add the **garlic** and as much **chili** as you like. Cook for 1 min, then add the **pasta, arugula, tomatoes** and **half the Parmesan**. Toss until coated. Season with **salt** and **pepper**.

7 Finish and serve: Slice the chicken into strips and serve it alongside the pasta. Sprinkle with the **pine nuts** and **remaining Parmesan cheese**. Squeeze some **lemon juice** otop, to taste. Enjoy!

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