



Creamy Chicken & Hummus Gluten Free-Pasta

with Fried Capers & Mint



20-30min



2 Servings

Meet our take on a deconstructed chicken gyro in delicious gluten free-pasta form. Penne combines with a powerhouse of ingredients—briny fried capers, crunchy onions and cucumbers, and plump tomatoes. Gyro-spiced chicken brings the protein, and a lemony hummus sauce binds it all together in creamy bliss.

What we send

- 1 oz capers ¹⁷
- 1 cucumber
- 1 plum tomato
- 1 lemon
- 1 red onion
- 6oz gluten-free penne
- 10 oz pkg chicken breast strips
- ¼ oz gyro spice
- ¼ oz fresh mint
- 4 oz hummus ¹¹

What you need

- kosher salt & ground pepper
- olive oil

Tools

- large saucepan
- medium nonstick skillet

Allergens

Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 620kcal, Fat 27g, Carbs 54g, Protein 49g



1. Prep ingredients

Bring a large saucepan of **salted water** to a boil.

Drain **capers**, reserving any brine; pat capers dry.

Peel **cucumber**, if desired, then cut into ½-inch pieces. Cut **tomato** into ½-inch pieces. Cut **lemon** into 6 wedges. Thinly slice **half of the onion** (save rest for own use).



4. Cook chicken

Pat **chicken** dry; season all over with **salt** and **pepper**.

Return skillet to medium-high heat. Add **half of the onions**; cook, stirring occasionally, until starting to soften, 2-3 minutes. Add chicken; cook (do not stir) until well browned on one side, about 3 minutes. Add **gyro spice** and stir, cooking until chicken is cooked through, 2-3 minutes. Season with **salt** and **pepper**.



2. Fry capers

Heat **½-inch oil** in a medium nonstick skillet. Once oil is shimmering, add **capers** and cook, stirring occasionally, until lightly browned and crispy, 3-5 minutes. Using a slotted spoon, transfer to a paper towel-lined plate.

Transfer **1 tablespoon of the frying oil** to a medium bowl and set aside for step 4. Reserve **remaining oil** in skillet.



5. Make sauce

To bowl with **caper oil**, add **hummus**, **caper brine**, and **juice from 2 lemon wedges**. Season to taste with **salt** and **pepper**.

Pick **mint leaves** from stems, tearing if large; discard stems.



3. Cook pasta

Add **pasta** to saucepan with boiling salted water; cook, stirring often to prevent sticking, until al dente, 9-12 minutes. Drain and return pasta to saucepan off heat.



6. Finish & serve

To bowl with **sauce**, add **pasta**, **chicken**, **cucumbers**, **tomatoes**, and **both cooked and raw onions**. Toss to coat and season with **salt** and **pepper**.

Garnish with **mint leaves** and **fried capers**. Serve with **remaining lemon wedges** alongside for squeezing over top. Enjoy!