



Product Spotlight: Cream Cheese

Cream cheese is a mixture of cream and milk. It has a soft, spreadable texture and mildly acidic taste that is delicious when flavoured with garlic or herbs.



Creamy Cajun Chicken Pasta

Tender chicken strips and pasta in a creamy, cheesy Cajun sauce with sweet corn and tomatoes.



25 minutes



4 servings



Chicken

21 July 2023

Herb it up!

You can use dried or fresh herbs to flavour the sauce instead of spices if preferred! Add chopped fresh rosemary to the sauce and some garlic for depth of flavour.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	52g	20g	104g

FROM YOUR BOX

SHORT PASTA	500g
CHICKEN STIR-FRY STRIPS	600g
TOMATOES	2
CORN COB	1
GREEN CAPSICUM	1
SPRING ONIONS	1 bunch
FAMILY CAJUN SPICE MIX*	1 packet
CREAM CHEESE	1 tub (140g)

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

*Family Cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt.

Add any extra veggies from the fridge to this pasta; sliced mushrooms, zucchini or broccoli florets work well!

No gluten option – pasta is replaced with GF pasta.



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1. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta and cook according to packet instructions or until al-dente. Reserve **1 cup cooking water** before draining. Set aside.



2. SEAL THE CHICKEN

Heat a large frypan over medium-high heat with **oil**. Add chicken and cook for 2–3 minutes until sealed. Season with **salt and pepper**.



3. SAUTÉ THE VEGETABLES

Dice tomatoes, remove corn from cob and dice capsicum (see notes). Slice spring onions (reserve tops for garnish). Add to pan as you go along with Cajun spice mix. Cook for 5 minutes.



4. TOSS THE PASTA

Stir in cream cheese along with **reserved cooking water** until combined. Toss in cooked pasta to coat. Season with **salt and pepper**.



5. FINISH AND SERVE

Garnish pasta with spring onion tops and serve at the table.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

