



Product Spotlight: Parmesan Cheese

Parmesan is high in protein and calcium – great for your bones! You can freeze any leftover parmesan in an airtight container, ready to add to your next pasta or risotto!




Switch it up!


Transfer the pasta to an ovenproof dish, top with parmesan and bake until golden for a simple pasta bake. Add sliced mushrooms or sun-dried tomatoes for extra flavour.

Creamy Italian Chicken Pasta

A creamy pasta dish with juicy chicken, cherry tomatoes, and baby spinach, all tossed with a creamy parmesan cheese sauce. A guaranteed crowd-pleaser, perfect for weeknights.

 30 minutes

 Chicken

 2 servings

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	69g	64g	98g

FROM YOUR BOX

SHORT PASTA	500g
BROWN ONION	1
GARLIC CLOVE	1
DICED CHICKEN THIGHS	300g
TOMATOES	2
SOUR CREAM	1 tub
PARMESAN CHEESE	1 packet
BABY SPINACH	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme (see notes), ground paprika

KEY UTENSILS

large frypan, saucepan

NOTES

You can use fresh thyme, dried oregano or rosemary instead of dried thyme.

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 **1/2 packet pasta** and cook according to packet instructions or until al dente. Reserve **1/2 cup cooking water**. Drain **pasta**



2. SEAL THE CHICKEN

Dice **onion** and chop **garlic**. Add to a large frypan over medium-high heat with **oil**. Sauté for 3 minutes until softened. Add **chicken**, **1/2 tsp dried thyme** and season with **salt and pepper**. Cook for 5 minutes.



3. SIMMER THE SAUCE

Dice **tomatoes** and add to pan along with **1/2 tsp ground paprika**. Cook for 5 minutes until softened. Stir in **sour cream**, **1/2 packet parmesan** and **1/4 cup pasta water**.



4. TOSS THE PASTA

Stir in **baby spinach** and simmer until wilted. Toss with **cooked pasta** until combined. Add more **pasta water** if needed. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Garnish **pasta** with remaining **parmesan cheese** to serve.

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