



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!



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



4/6 servings

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g/56g	26g/37g	68g

FROM YOUR BOX

	4 PERSON	6 PERSON
SHORT PASTA	500g	500g
BROWN ONION	1	1
GARLIC CLOVES	2	3
DICED CHICKEN THIGHS	600g	600g + 300g
CHERRY TOMATOES	2 x 200g	3 x 200g
SOUR CREAM	1 tub	2 tubs
PARMESAN CHEESE	1 packet	1 packet
BABY SPINACH	120g	120g

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



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**.



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 tsp dried thyme** and season with **salt and pepper**. Cook for 5 minutes.

6P – use 1 1/2 tsp dried thyme.



5. FINISH AND SERVE

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



3. SIMMER THE SAUCE

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

6P – use 2 tsp ground paprika.

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