



**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.

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.*



25 minutes



2 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	21g	61g

FROM YOUR BOX

SHORT PASTA	500g
CHICKEN STIR-FRY STRIPS	300g
TOMATO	1
CORN COB	1
GREEN CAPSICUM	1
SPRING ONIONS	1 bunch
FAMILY CAJUN SPICE MIX	1 packet
CREAM CHEESE	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

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

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

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** 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 **tomato**, 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**

