



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



4/6 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	18g	67g

FROM YOUR BOX

	4 PERSON	6 PERSON
SHORT PASTA	500g	500g
CHICKEN STRIPS	600g	300 + 600g
TOMATOES	2	3
CORN COB	1	2
GREEN CAPSICUM	1	2
SPRING ONIONS	1 bunch	1 bunch
FAMILY CAJUN SPICE MIX	1 packet	2 packets
CREAM CHEESE	1 tub	2 tubs

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 **pasta** and cook according to packet instructions or until al dente. Reserve **1 cup cooking water** before draining. Set aside.

6P – reserve 1 1/2 cups of cooking water.



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.

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