



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.



Chicken a la King

Tender precooked chicken, sweet corn, mushrooms and tomato are tossed through a creamy herb sauce and served over pasta for a super speedy, comforting dinner.



25 minutes



Chicken



2 servings

Make it your own!

Add 1–2 tsp Cajun seasoning, smoked paprika or Italian herbs to vegetables while cooking for extra flavour. Stir through a handful of grated cheese at the end for an even creamier sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	57g	18g	99g

FROM YOUR BOX

LONG PASTA	500g
BUTTON MUSHROOMS	100g
CORN COB	1
TOMATO	1
GARLIC CLOVES	2
PARSLEY	1 packet
CREAM CHEESE	1 tub
PRE-COOKED CHICKEN	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, flour of choice, butter

KEY UTENSILS

large frypan, saucepan

NOTES

You can use some milk instead of water for a creamier finish.

No gluten option – pasta is replaced with GF pasta.



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1. COOK THE PASTA

Bring a large saucepan over water to a boil. Add **1/2 packet pasta** and cook according to packet instructions or until al dente. Reserve **1 cup cooking liquid** and drain pasta (see notes).



2. PREPARE THE VEGETABLES

Slice **mushrooms**, remove **corn** from cobs and dice **tomato**. Crush **garlic** and chop **parsley**. Set aside.



3. SAUTÉ THE VEGETABLES

Heat a large pan over medium-high heat with **oil**. Add **mushrooms**, **corn** and **tomato** along with **1/2 tsp dried thyme**. Cook for 5 minutes until tender.



4. SIMMER THE SAUCE

Stir in **crushed garlic**, **1 tbsp flour** and **1 tbsp butter** until **vegetables** are coated. Stir in **cream cheese** and **reserved cooking water** until combined. Simmer for 5 minutes until thickened.



5. ADD THE CHICKEN

Shred or slice **chicken** and stir in to **sauce**. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Transfer **pasta** to a large serving bowl. Top with **creamy chicken** and **sauce**. Garnish with chopped **parsley**.

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