



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 capsicum are tossed through a creamy herb sauce and served over pasta for a super speedy, comforting dinner.



25 minutes



Chicken



4/6 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.

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	35g/40g	11g/15g	59g/77g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
LONG PASTA	500g	2 x 500g
BUTTON MUSHROOMS	200g	200g + 100g
CORN COBS	2	2
RED CAPSICUM	1	2
GARLIC CLOVES	2	2
PARSLEY	1 packet	1 packet
CREAM CHEESE	1 tub	2 tubs
PRE-COOKED CHICKEN	1 packet	2 packets

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 **pasta** and cook according to packet instructions or until al dente. Reserve **2 cups cooking liquid** and drain pasta (see notes).

6P – cook 1 1/2 packets pasta.



2. PREPARE THE VEGETABLES

Slice **mushrooms**, remove **corn** from cobs and dice **capsicum**. 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 **capsicum** along with **1 tsp dried thyme**. Cook for 5 minutes until tender.

6P – use 2 tsp dried thyme



4. SIMMER THE SAUCE

Stir in **crushed garlic**, **1 1/2 tbsp flour** and **2 tbsp butter** until vegetables are coated. Stir in **cream cheese** and **reserved cooking water** until combined. Simmer for 5 minutes until thickened.

6P – use 2 tbsp flour and 3 tbsp butter. Loosen with extra water or milk as needed.



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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