



Creamy Chicken Pasta

Penne pasta tossed in a creamy tomato sauce with tender chicken breast pieces.



25 minutes



2 servings



Chicken

FROM YOUR BOX

SHORT PASTA	500g
TOMATO	1
ZUCCHINI	1
PRECOOKED CHICKEN BREAST	1 packet
SOUR CREAM	1 tub

FROM YOUR PANTRY

olive oil, salt, pepper, 1 stock cube (of choice)

NOTES

You can add extra vegetables to this pasta if you have some. Sliced mushrooms, broccoli or capsicum work well!

Crispy bacon, sliced olives, roast capsicum strips and sun-dried tomatoes can be added for flavour!

Transfer the pasta to an oven dish and cover with cheese. Bake in the oven for a cheesy pasta bake!

Add a fresh salad or some garlic bread on the side for more serves!

No gluten option – pasta is replaced with GF pasta.

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 pasta. Set aside.

TIP *You can cook the whole packet of pasta for extra serves. Reserve 1 cup cooking water if doing so.*

2. SIMMER THE SAUCE

Dice tomato and zucchini. Add to a large pan with **olive oil** over medium heat (see notes). Stir in seasoning of choice (see tip) and cook for 5 minutes until tender. Shred chicken and add to pan with crumbled **1/2 crumbled stock cube**. Stir in sour cream and **1 cup water**. Simmer for 2–3 minutes until warmed through.

TIP *You can add crushed garlic, a dried or fresh herb. Stir in a tin of chopped tomatoes for a creamy tomato sauce or some pesto for a different flavour. We added 1/2 chicken stock cube, 1 tsp ground paprika and 1 tsp dried oregano.*

3. FINISH AND SERVE

Toss cooked pasta and spinach through sauce until well combined. Stir in **1/2 cup reserved pasta water** to loosen. Season to taste with **salt and pepper**. Serve at the table.

TIP *You can serve the pasta with parmesan cheese and cracked black pepper.*

This recipe has simplified instructions to help lower your meal cost.