



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Creamy Chicken Penne Pasta

Short pasta tossed in a creamy tomato sauce with tender chicken.



25 minutes



4/6 servings



Chicken

FROM YOUR BOX

	4 PERSON	6 PERSON
SHORT PASTA	500g	500g
TOMATOES	3	4
PRECOOKED CHICKEN BREAST	1 packet	2 packets
SOUR CREAM	1 tub	2 tubs
BABY SPINACH	120g	2x 120g

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 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.

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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 **pasta**. Set aside.

2. SIMMER THE SAUCE

Dice **tomatoes**. Add to a large pan with **olive oil** over medium heat (see notes). Cook for 2–3 minutes until tomatoes break down. Shred **chicken** and add to pan along with seasoning of choice (see tip) and crumble in **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 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.