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Creamy Chicken Pasta with Sundried Tomatoes

We think this technique of cooking pasta is a real game changer - you won't believe how creamy the end result is! Milk and stock infuse the fettuccine with beautiful sauciness and flavour, and by finishing everything in the same pot, you know every bit of pasta is covered in sumptuous sauce.



Prep: 10 mins

Cook: 20 mins

Total: 30 mins



level 2



high
protein



eat me
early

Pantry Items



Olive Oil



Water



Milk



Chicken Breast



Chicken Stock



Fettuccine



Baby Spinach



Sundried Tomatoes



Parmesan Cheese









Parsley

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2P	4P	Ingredients
2 fillets	4 fillets	chicken breast
2 tsp	1 tbs	olive oil *
1 ½ cups	3 cups	hot water *
1 cup	2 cups	milk *
1 cube	2 cubes	chicken stock, crumbled 
200 g	400 g	fettuccine, broken in half (recommended amount)
½ bag	1 bag	baby spinach, washed 
¼ cup	½ cup	sundried tomatoes, drained & finely chopped 
½ block	1 block	Parmesan cheese, finely grated 
½ bunch	1 bunch	parsley, finely chopped 

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	3290	Kj
Protein	63.3	g
Fat, total	19.7	g
-saturated	6.3	g
Carbohydrate	84.2	g
-sugars	13.3	g
Sodium	376	mg



You will need: *chef's knife, chopping board, fine grater, wooden spoon, medium ovenproof frying pan and a large saucepan.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Season the **chicken breast fillets** with **salt** and **pepper** and rub with the **olive oil**. Heat a medium ovenproof frying pan over a medium-high heat. Add the chicken to the pan and cook for **2 minutes** on each side and then transfer the frying pan to the oven and cook for a further **10 minutes**. Remove the chicken from the frying pan and cut into 5 mm thick slices.

Tip: If you don't have an ovenproof frying pan, transfer the chicken to a baking paper lined oven tray before placing in the oven.

3 Meanwhile, add the **hot water**, **milk**, **crumbled chicken stock** and **fettuccine** to a large saucepan. Season generously with cracked black pepper. Ensure that the fettuccine is submerged below the liquid. If it is not, add a little extra water. Cover the saucepan with a lid and bring to the boil. Remove the lid and give it a stir with a wooden spoon to ensure nothing is sticking to the bottom of the pan. Return the lid and reduce the heat to low. Simmer for **10-12 minutes** or until the pasta is 'al dente'. Stir the pasta every **3 minutes** to make sure it's not sticking. Remove the lid and simmer for a further **1-2 minutes** or until the liquid thickens a little. Stir through the chicken slices, **baby spinach**, **sundried tomato**, and half of the **Parmesan cheese**.

4 Divide the pasta between bowls and top with the remaining Parmesan cheese and the **parsley**.

Did you know? The origin of sundried tomatoes is unclear, however it is known that Aztecs preserved their tomatoes through a salting and drying process as early as 700 BC.

