



Wholegrain Mustard Chicken & Penne Pasta

Combining wholegrain mustard with cream cheese is such a great way to get a quick, tasty and tangy sauce. You can actually use this combination on other meats like fish or pork, and even as a salad dressing. In this dish, the sauce is served with shallot and thyme chicken giving a rich and deep flavour which goes perfectly with the mustard pasta.

Nutritional Info

Calories: 682 kcal
Carbohydrates: 79 g
Protein: 52 g
Fat: 20 g

Ingredients

- Chicken Fillet (Diced)
- Fresh Thyme
- Garlic
- Banana Shallot
- Paris Brown Mushrooms
- Wholegrain Mustard
- Light Cream Cheese
- Penne Pasta
- Your Pantry**
- Olive Oil
- Salt & Pepper

Allergens


Mustard (Mustard)
Milk (Cheese)
Wheat (Pasta)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Boil a pot of water**

Bring a pot of water to a boil and leave on a simmer. You'll use this later to cook the pasta.

2) **Prepare the ingredients**

Peel and slice the shallot. Crush the garlic. Slice the mushrooms thinly. Chop the thyme.

3) **Fry the chicken**

Heat a little oil in a pan over a medium heat. Add the chicken and gently cook for 5-6 minutes. Once the chicken is cooked through, remove from the pan, place on a plate and set aside.

4) **Boil the pasta**

Drop the pasta into the simmering water and cook for 8-10 minutes. Strain and set aside keeping some of the pasta water.

5) **Add the vegetables**

Add in the shallot, thyme, mushroom and garlic to the frying pan and cook everything for 5 minutes.

6) **Add the cream cheese**

After the vegetables have been cooking for 5 minutes add the cream cheese and some of the pasta water. Cook for 2 minutes until the mixture has reduced down slightly.

7) **Add the mustard**

Add the mustard and the chicken pieces and stir through the sauce. Add the pasta to the sauce and mix everything together. Season with salt and pepper and serve.



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