



Creamy Tuscan Chicken Tagliatelle

A delicious Italian-inspired favourite with tender chicken breast, silky tagliatelle and a creamy Tuscan sauce. Finished with sundried tomatoes, spinach, Parmesan and fresh parsley for a rich, comforting meal packed with flavour.

Nutritional Info

Calories: 720 kcal
Carbohydrates: 74g
Protein: 58g
Fat: 22g

Ingredients

- Diced chicken breast
- Sundried tomatoes
- Fresh Parsley
- Spinach
- Grated Parmesan
- Chicken stock cube
- Low fat cream cheese
- Tagliatelle
- Shallot
- Garlic clove

Your Pantry

- Olive Oil
- Salt
- Pepper

Allergens

Wheat (Pasta)
Celery (Stock cube)
Milk (Cream cheese, Parmesan)
Stock Cubes may contain traces of Egg, Soya & Mustard

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 the kettle

2) Prepare the vegetables & stock

Peel the garlic & shallot and then finely slicing both. Roughly chop the spinach and sundried tomatoes. Finely chop the parsley (including the stems). Make the stock up to 300ml per cube and then take out 75ml per person portion for the dish. Keep the excess in case you need to loosen the sauce.

3) Cook the Tagliatelle

Add the tagliatelle to a saucepan of boiling salted water and cook for 10-12 minutes or until cooked to your liking. While the pasta cooks...

4) Sautee the chicken

Place a wide, non-stick pan on medium heat with a drizzle of oil. Add the shallots and garlic and cook for 2-3 mins until softened. Add the chicken and stir fry until sealed/browned but not yet fully cooked through.

5) Make the sauce

Add the stock and cream cheese to the pan and mix well. Allow to bubble for a minute, then stir in the parmesan, spinach, sundried tomatoes and parsley. Season with salt and pepper to taste. If the sauce looks too thick/dry for pasta then add any extra stock liquid that you have or a splash of water.

Check the chicken is cooked through then switch off the heat.

6) Serve the dish

Swirl the tagliatelle into bowls and top with the tuscan-style chicken.



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