



Chicken and Chestnut Mushroom Pasta with Hazelnuts & Parmesan

A really healthy, tasty dish packed with nutrient-dense ingredients and wholegrains! The parmesan melts in with the hazelnuts to make the perfect garnish. P.S. Drizzle some olive oil at the end to really bring out the Italian richness in this dish.

Nutritional Info

Calories: 668 kcal
Carbohydrates: 74 g
Protein: 55 g
Fat: 19 g

Ingredients

- Chicken Fillet - Diced
- Onion
- Baby Spinach
- Chestnut Mushrooms
- Garlic
- Parmesan
- Hazelnuts
- Wholegrain Pasta

Your Pantry

- Olive Oil
- Salt

Allergens


[Wheat \(Pasta\)](#)
[Milk \(Cheese\)](#)
[Nuts \(Hazelnuts\)](#)

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) **Cook the pasta**

Cook the pasta in boiling salted water for 10-12 minutes.

2) **Prepare the ingredients**

While the pasta is cooking slice the onion and mushrooms, and crush the garlic.

3) **Cook the chicken**

Add some olive oil to a large hot pan and fry the chicken for 3 minutes then add the onions and mushrooms. Cook for another 4 minutes.

Next, add the garlic and cook for another 1 minute.

4) **Add the pasta to the vegetables**

When the pasta is cooked, drain off the liquid and add the pasta to the pan with the chicken & vegetables.

5) **Add the spinach and hazelnuts**

Stir the spinach through the pasta. Crush and sprinkle over the hazelnuts.

6) **Plate the dish**

Serve the chicken pasta with the parmesan on top.



Fancy winning free DropChef in our weekly competition?!
To enter just share your delicious dinner on Instagram | **#DropChef**