

Stefano's Creamy Chicken & Mushroom Pasta

🕒 2 servings

583 Kcal / serving

65g Protein 20g Fat 42g Carbs

Ingredients

- 1 - **Lean bacon medallion**
- 2 (300g) - **Skinless and boneless chicken fillets**
- 200g - **Mushrooms**
- 2 - **Garlic cloves**
- 100g - **Wholewheat penne pasta**
- 1 tablespoon - **Rapeseed or olive oil**
- 1 teaspoon - **Dried chilli flakes**
- 125g - **Light cream cheese**
- 200g - **Baby spinach leaves**
- **Freshly ground black pepper**



The Method

Cut the bacon medallion into small pieces. Dice the chicken into small pieces. Cut the mushrooms into thin slices. Peel and crush the garlic.

Cook the penne in a pan of boiling water for 10-12 minutes or according to packet instructions until just tender.

Meanwhile, heat a large non-stick frying pan over a medium heat. Add the oil and then the bacon and chicken. Season lightly with pepper and sauté for 2-3 minutes until the chicken is sealed and lightly golden.

Tip in the mushrooms and then stir in the garlic and chill flakes. Continue to sauté for another 2-3 minutes until the mushrooms are tender. Fold in the cream cheese until evenly combined. Add the spinach, then cover with a lid and leave for 1 minute to wilt.

Drain the penne in a colander in the sink, reserving half a teacup of the pasta water and return to the pan. Fold in the creamy chicken mixture, adding a little of the reserved pasta water if necessary to make a smooth creamy sauce. Test with a small knife to ensure the chicken is cooked through.

Divide the creamy chicken and mushroom pasta into bowls and add a good grinding of black pepper to serve.

🌱 Suitable for vegetarians if a plant-based alternative is used instead of bacon and chicken