

Creamy Chicken, Mushroom & Tomato Pasta

Serves 3

1 ½ cup (150g) penne
12 oz. (350g) chicken breast
1 tsp. wheat flour
1 tbsp. olive oil
1 tsp. dried oregano
1 small onion, diced
2 garlic cloves, sliced
6 sundried tomatoes, chopped
½ cup (125ml) plant-based oat cream (or regular)
1 bag spinach
basil leaves, to garnish
4 cups (300g) mushrooms, sliced

What you need to do

1. Cook the pasta according to the instructions on the packaging.
2. Chop the chicken fillet, season with salt and pepper and dredge with flour.
3. Heat oil in a large pan and cook chicken over medium heat, then season with oregano. Once the chicken is cooked, remove from the pan and set aside.
4. In the same pan, sauté the onion and sliced garlic. Next, add sliced mushrooms and cook for 5-7 minutes until soft and tender. Add chopped tomatoes and cook for another minute.
5. Place the cooked chicken back into the pan, and add in the cream and spinach. Bring to a boil and cook until spinach has wilted — season to taste with salt and pepper.
6. Add the cooked pasta. Stir well and serve.



DF	MP						
		Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
		10 mins	20 mins	385	14	26	35

*Nutrition per serving

