

DINNERLY



Cajun Chicken Pasta with Parmesan



30-40min



2 Servings

We love a trip to New Orleans as much as the next person, but when the Cajun cravings hit hard, we can solve that problem right at home. Seasoned chicken, a cream cheese sauce, and lots of Parmesan takes pasta night to a whole 'nother level. We've got you covered!

WHAT WE SEND

- garlic
- 1 oz scallions
- 2 (¾ oz) pieces Parmesan ¹
- 6 oz cavatappi ²
- ½ lb chicken breast strips
- ¼ oz pkt Cajun seasoning
- 2 (1 oz) pkts cream cheese ¹

WHAT YOU NEED

- kosher salt & ground pepper
- butter ¹
- olive oil
- all-purpose flour ²
- 1 cup milk ¹

TOOLS

- medium pot
- microplane or grater
- medium skillet

ALLERGENS

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 900kcal, Fat 43g, Carbs 85g, Protein 53g



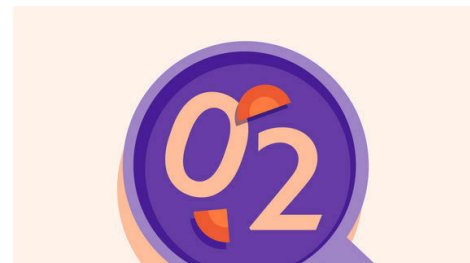
1. Prep ingredients

Bring a medium pot of **salted water** to a boil.

Finely chop **1 teaspoon garlic**.

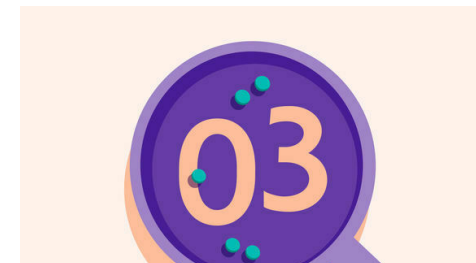
Trim ends from **scallions**, then thinly slice.

Finely grate all of the **Parmesan**.



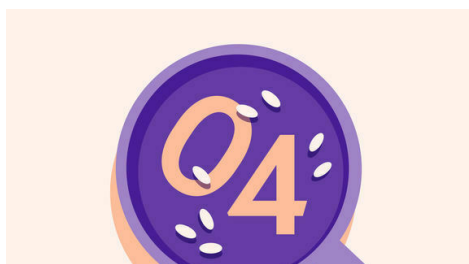
2. Cook pasta

Add **pasta** to pot with boiling **salted water** and cook until al dente, about 8 minutes. Reserve **¼ cup cooking water**, then drain pasta and return to pot off heat. Set aside until step 5.



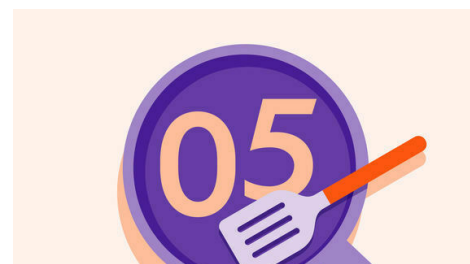
3. Cook chicken

While **pasta** cooks, heat **1 tablespoon each of butter and oil** in a medium skillet over medium-high. Add **chicken, Cajun seasoning** (use less depending on heat preference), and a pinch of **salt**. Cook, stirring once or twice, until well browned and cooked through, about 5 minutes.



4. Make sauce

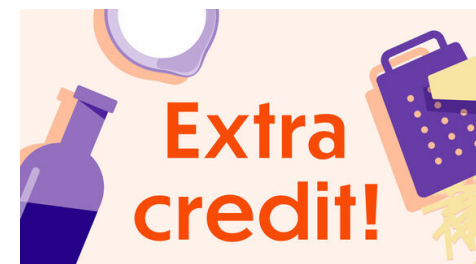
Add **scallions, chopped garlic**, and **1 tablespoon flour** to skillet with **chicken**; cook over medium-high heat until fragrant, about 1 minute. Slowly stir in **cream cheese** and **1 cup milk**. Bring to a boil, stirring, until cream cheese is melted, 1–2 minutes. Reduce heat to low and cook until sauce is thickened to consistency of heavy cream, about 3 minutes.



5. Finish & serve

Return pot with **pasta** to medium heat. Add **chicken and sauce mixture, reserved pasta water**, and **half of the Parmesan**; cook, tossing, until pasta is coated in sauce, about 1 minute. Season to taste with **salt and pepper**.

Serve **Cajun chicken pasta** topped with **remaining Parmesan**. Enjoy!



6. Eat your veggies!

Want to bulk up this pasta even more? Thinly slice some bell pepper and add it to the skillet at the beginning of step 4.