





20-Min: Creamy Cajun Chicken Pasta

with Tomatoes & Spinach

 20-30min  2 Servings

We're kicking pasta night up a few notches—creamy, smoky, spicy, and fresh are words to describe this flavor bomb. It all starts with cavatappi, a corkscrew shape with grooves; it's perfect for holding onto a spiced up ready-to-heat alfredo sauce with baby spinach, plum tomatoes, and sliced chicken breast. A sprinkle of nutty Parmesan before serving takes it over the top. It's almost too good to be true.

What we send

- garlic
- 1 oz scallions
- 2 plum tomatoes
- ¾ oz Parmesan ⁷
- 6 oz cavatappi ¹
- 3 oz baby spinach
- ½ lb pkg chicken breast strips
- ¼ oz Cajun seasoning
- 10 oz alfredo sauce ⁷

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium pot
- microplane or grater
- colander
- medium nonstick skillet

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 830kcal, Fat 36g, Carbs 83g, Protein 48g



1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Thinly slice **2 large garlic cloves**. Trim **scallions**, then thinly slice. Cut **tomatoes** into ½-inch pieces. Finely grate **Parmesan**.



4. Make sauce & add pasta

Add **garlic** and **scallions** to skillet with **chicken**; cook over medium-high heat, stirring, until fragrant, about 1 minute. Add **alfredo sauce** and bring to a simmer.

Add **pasta and spinach** and **half of the Parmesan** to skillet with **sauce**; toss to coat pasta. Season to taste with **salt** and **pepper**.



2. Cook pasta

Add **pasta** to boiling water and cook, stirring once or twice to prevent sticking, until al dente, about 8 minutes. Place **spinach** in a colander, then drain pasta over spinach. Shake colander to remove any excess water.



5. Finish

Remove skillet from heat, then stir in **chopped tomatoes**. Serve **creamy Cajun chicken pasta** topped with **remaining Parmesan**.



3. Cook chicken

Pat **chicken** dry, then season all over with **all of the Cajun seasoning** (or half if desired for less spice) and **a pinch of salt**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add chicken and cook, stirring occasionally, until well browned and cooked through, 3-4 minutes.



6. Serve

Enjoy!