



Fast! Creamy Jerk Chicken Rasta Pasta

with Peppers & Scallions



ca. 20min



2 Servings

Hailing from Jamaica and inspired by Rastafarian colors, it doesn't get more colorful than rasta pasta! Jerk seasoning does double duty to spice tender chicken breast strips and a pasta sauce with vibrant peppers and scallions. We treat the sauce to a creamy trifecta of cream cheese, Parmesan, and sour cream that wraps around curly cavatappi pasta for a luciously silky bite.

What we send

- 1 bell pepper
- 1 green bell pepper
- 2 scallions
- ¾ oz Parmesan ⁷
- 10 oz pkg chicken breast strips
- 2 (¼ oz) jerk seasoning ^{1,6}
- 6 oz cavatappi ¹
- 1 oz cream cheese ⁷
- 1 oz sour cream ⁷

What you need

- kosher salt & ground pepper
- olive oil
- butter ⁷

Tools

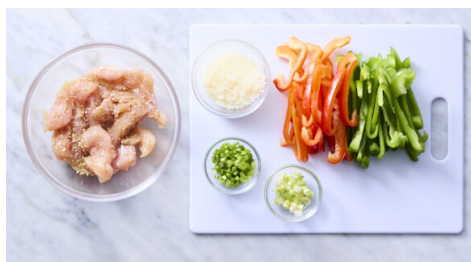
- medium pot
- microplane or grater
- medium skillet

Allergens

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 780kcal, Fat 31g, Carbs 76g, Protein 51g



1. Prep ingredients

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

Meanwhile, halve **both peppers** and discard stems and seeds; thinly slice. Trim **scallions**; thinly slice, keeping dark greens separate. Finely grate **Parmesan**.

Pat **chicken** dry; season all over with **salt, pepper**, and **half of the jerk seasoning**.



4. Build sauce

Add **peppers** to same skillet over high heat. Cook peppers until browned in spots and starting to soften, about 4 minutes.

Reduce heat to medium-high, then add **scallion whites and light greens, remaining jerk seasoning**, and **2 tablespoons butter**; cook, stirring frequently, until fragrant, about 30 seconds. Reduce heat to medium-low and stir in **½ cup cooking water**; bring to a simmer.



2. Cook pasta

Add **pasta** to boiling water; cook, stirring once or twice to prevent sticking, until al dente, about 8 minutes. Reserve **1 cup cooking liquid** then drain pasta.



5. Finish

Stir in **cream cheese, Parmesan**, and **sour cream** until combined, about 1 minute. Stir in **chicken** and **pasta**, tossing until warmed through and coated in sauce, about 30 seconds. Season to taste with **salt and pepper** (add 1 tablespoon cooking water at a time to loosen sauce, if needed).



3. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** in a single layer; cook, without stirring, until well browned on the bottom, about 3 minutes. Stir and cook until browned and cooked through, 2-4 minutes. Transfer to a bowl and season to taste with **salt and pepper**.



6. Serve

Serve **jerk chicken and pasta** garnished with **scallion greens**. Enjoy!