

DINNERLY



Creamy Chicken Pasta with Kale, Pine Nuts & Tahini



20-30min



2 Servings

How can a pasta dish be so creamy and satisfying with no dairy? It's all in the ingredients, baby. The sauce's flavor is deepened by tahini, brightened by lemon, and made deceptively cheesy with nutritional yeast, often used in vegan dishes for its umami powers. Toss in kale, pine nuts, and perfectly al dente pasta for a hearty meal you can feel good about. We've got you covered!

WHAT WE SEND

- 1 bunch curly kale
- ¼ oz fresh parsley
- 1 lemon
- 6 oz curly pasta ¹
- ½ oz pine nuts ¹⁵
- 2 (1 oz) tahini ¹¹
- 1 oz nutritional yeast
- ½ lb pkg chicken breast strips

WHAT YOU NEED

- kosher salt & ground pepper to taste
- 1 Tbsp garlic
- 3 Tbsp olive oil

TOOLS

- medium pot
- microplane or grater
- medium skillet

COOKING TIP

Here's a quick way to strip kale leaves from stems: Hold end of the stem in one hand. Squeeze your other hand or a few fingers around base of the leaf. Pull your hand up the stem to tear the leaf off.

ALLERGENS

Wheat (1), Sesame (11), Tree Nuts (15).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 920kcal, Fat 49g, Carbs 74g, Protein 51g



1. Prep ingredients

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

Strip **kale leaves** from tough stems; discard stems. Tear or chop leaves into bite-sized pieces. Finely chop **1 tablespoon garlic**. Pick **parsley leaves** from stems and finely chop; discard stems. Zest **half of the lemon**.



2. Cook pasta & kale

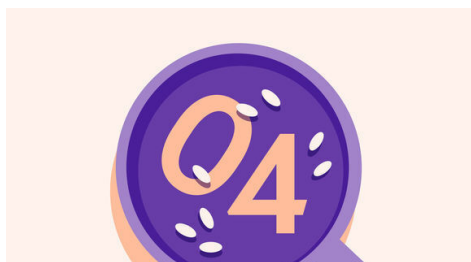
Add **pasta** to boiling **salted water** and cook, stirring often to prevent sticking, 6 minutes. Add **kale** and cook until kale is tender and pasta is al dente, 5–7 minutes more. Reserve **1 cup cooking water**; drain pasta and kale.



3. Cook chicken

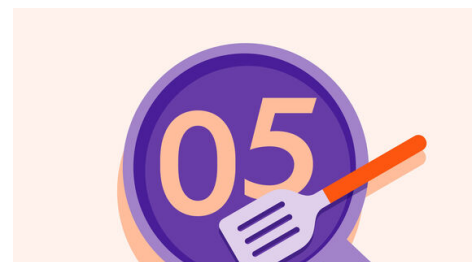
Pat **chicken** dry, then season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more. Transfer to a plate.



4. Make sauce

In same skillet, combine **pine nuts**, **chopped garlic**, and **3 tablespoons oil**. Cook over medium heat until golden brown, 3–4 minutes. Add **chicken**, **pasta**, **kale**, **all of the tahini**, **lemon zest**, **half of the nutritional yeast**, and **½ cup cooking water**. Cook over high heat, stirring, until pasta is coated in a creamy glaze, 1–2 minutes (loosen with more cooking water, if necessary).



5. Finish & serve

Off heat, stir in **2 teaspoons lemon juice** and **parsley**; season to taste with **salt** and **pepper** or **more nutritional yeast**, if desired.

Serve **creamy chicken pasta** with a light drizzle of **oil**, if desired. Enjoy!



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.