

# MARLEY SPOON



## Fast! Creamy Cajun Chicken Pasta

with Ready to Heat Penne, 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 ready to heat penne. Those penne grooves are perfect for holding onto a spiced up 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

- 2 scallions
- 2 plum tomatoes
- ¾ oz Parmesan <sup>1</sup>
- 7 oz ready to heat penne <sup>2,3</sup>
- 5 oz baby spinach
- 10 oz pkg chicken breast strips
- ¼ oz Cajun seasoning
- 10 oz Alfredo sauce <sup>1</sup>

## What you need

- kosher salt & ground pepper
- garlic
- olive oil

## Tools

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

## Cooking tip

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## Allergens

Milk (1), Egg (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 850kcal, Fat 34g, Carbs 82g, Protein 54g



### 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 **all of the pasta** to boiling water and cook 1 minute. 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!