

# DINNERLY



## Creamy Cajun Chicken & Ready to Heat Penne

with Peppers & Tomatoes



30min



2 Servings

When you've been eating plain pasta too many night in a row, it's time to kick it up a notch. There's no better way to do it than incorporating iconic Cajun flavors in a cream cheese sauce. Toss in tender chicken breast strips to bulk up this meal, then add bell pepper, tomatoes, and scallions for delicious color. We've got you covered!

## WHAT WE SEND

- 1 green bell pepper
- 1 plum tomato
- 2 scallions
- ½ lb pkg chicken breast strips
- ¼ oz Cajun seasoning
- 1 oz cream cheese <sup>7</sup>
- 7 oz ready to heat penne <sup>1,3</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- butter <sup>7</sup>
- garlic
- neutral oil

## TOOLS

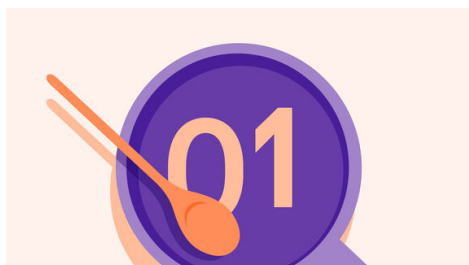
- medium skillet

## ALLERGENS

Wheat (1), Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

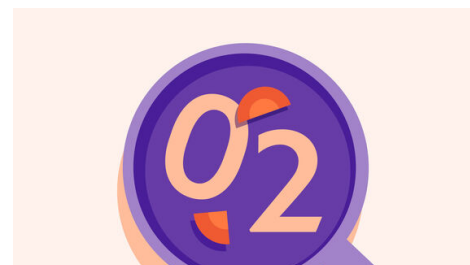
Calories 570kcal, Fat 33g, Carbs 41g, Protein 35g



### 1. Prep ingredients

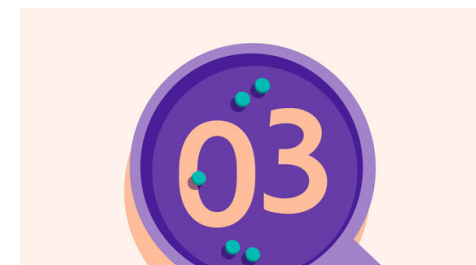
Halve **pepper**, discard stem and seeds, then thinly slice. Cut **tomato** into ½-inch pieces. Thinly slice **scallions**, keeping dark greens separate. Finely chop **1 teaspoon garlic**.

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



### 2. Cook chicken

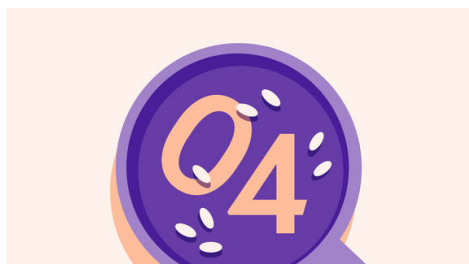
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** in a single layer; cook, without stirring, until well browned on the bottom, about 3 minutes. Stir and cook until cooked through, 2–4 minutes. Transfer to a bowl and season to taste with **salt** and **pepper**.



### 3. Cook peppers & tomatoes

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

Add **tomatoes, scallion whites and light greens, chopped garlic**, and **2 tablespoons butter**; cook, stirring frequently, until tomatoes just start to break down, 2–3 minutes. Reduce heat to medium-low and stir in **¾ cup water**; bring to a simmer.



### 4. Finish & serve

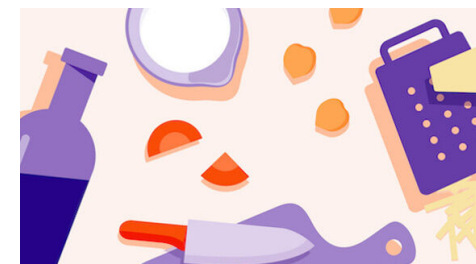
Stir in **cream cheese** and **1 tablespoon butter** until combined, about 1 minute. Stir in **chicken** and **pasta**; toss until warmed through and coated in sauce, about 30 seconds. Season to taste with **salt** and **pepper** (add 1 tablespoon cooking water at a time to loosen sauce, if needed).

Serve **Cajun chicken pasta** with **scallion dark greens** sprinkled over top. Enjoy!



### 5. ...

What were you expecting, more steps?



### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!