

DINNERLY



Creamy Cajun Chicken & Gluten Free-Fettuccine

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

- 9 oz gluten free fettuccine ³
- 1 green bell pepper
- 1 plum tomato
- 2 scallions
- ½ lb pkg chicken breast strips
- ¼ oz Cajun seasoning
- 1 oz cream cheese ⁷

WHAT YOU NEED

- kosher salt & ground pepper
- butter ⁷
- garlic
- neutral oil

TOOLS

- large pot
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 770kcal, Fat 37g, Carbs 76g, Protein 38g



1. Cook pasta

Bring a large pot of **salted water** to a boil over high heat. Add **pasta** and cook according to package directions. Reserve **1 cup cooking water**, then drain. Return pasta to pot off heat with **1 tablespoon butter**. Cover to keep warm until step 5.



2. Prep ingredients

Meanwhile, 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**.



3. Cook chicken

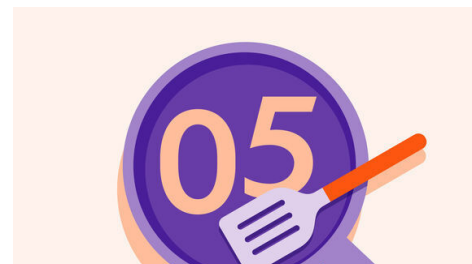
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** in a single layer; cook, without stirring, until well browned on the bottom, about 3 minutes. Stir and cook until cooked through, 2–4 minutes. Transfer to a bowl and season to taste with **salt** and **pepper**.



4. Cook peppers & tomatoes

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

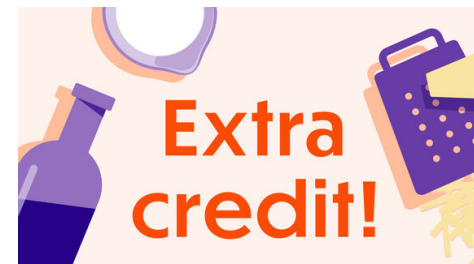
Add **tomatoes, scallion whites and light greens, chopped garlic**, and **2 tablespoons butter**; cook, stirring frequently, until tomatoes just start to break down, 2–3 minutes. Reduce heat to medium-low and stir in **½ cup cooking water**; bring to a simmer.



5. Finish & serve

Stir in **cream cheese** 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!



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