

MARLEY SPOON



Greek Chicken Pasta with Gluten-Free Penne

Feta, Spinach & Tomatoes



ca. 20min



2 Servings

Fresh herbs, feta cheese, and lemon bring the classic flavors of Greece to this speedy weeknight meal. Tender chicken breast strips cook in minutes while we boil pasta and then toss it all together with spinach, tomatoes, and fresh dill. The light and savory sauce coats every bite with flavor while the briny feta adds a creamy tang to this fresh twist on weeknight pasta.

What we send

- 1 plum tomato
- 1 yellow onion
- 1 lemon
- ¼ oz fresh dill
- 6 oz gluten-free penne
- 10 oz pkg chicken breast strips
- ¼ oz dried oregano
- 5 oz baby spinach
- 2 oz feta ⁷

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium saucepan
- colander
- medium nonstick skillet

Cooking tip

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Allergens

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

Nutrition per serving

Calories 500kcal, Fat 16g, Carbs 43g, Protein 50g



1. Prep ingredients

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

Cut **tomato** into ¾-inch pieces. Halve and thinly slice **half of the onion** (save rest for own use). Cut **lemon** into 8 wedges. Pick **dill fronds** from stems; discard stems.



4. Finish pasta

Reduce heat to medium-low. Add **reserved pasta water, tomatoes, pasta,** and **1 teaspoon oregano**. Cook, stirring frequently, until pasta is al dente and sauce is slightly reduced, about 3 minutes. Remove from heat.

Stir in **spinach, half of the dill,** and the **juice from 2 lemon wedges**. Season to taste with **salt** and **pepper**.



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

2. Parboil pasta

Add **pasta** to **boiling water** and cook, stirring often to prevent sticking, until nearly al dente, 7-8 minutes (pasta will be slightly undercooked). Drain pasta, reserving **1 cup pasta water**.

While pasta boils, pat **chicken** dry and season all over with **salt** and **pepper**.



5. Add feta & dill

Crumble **feta** over **pasta**. Sprinkle with **remaining dill** and **a few cracks of black pepper**. Serve with **remaining lemon wedges**.



3. Cook chicken

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **chicken** in a single layer and cook, undisturbed, until golden brown on bottom, about 3 minutes. Flip chicken, add **onions**, and cook, undisturbed, until chicken is cooked through, about 3 minutes more.



6. Serve

Enjoy!