

DINNERLY



Family Friendly! Creamy Cajun Chicken Pasta

with Onions & Peppers



40-50min



2 Servings

Give us some cayenne! Give us some oregano! Give us some garlic powder, paprika, and black pepper! What does that spell—er, make—a Cajun-inspired spice blend sure to please. It's cooked up with colorful bell peppers, sweet onions, tender chicken, and creamy Alfredo sauce then tossed with penne and topped with shredded cheddar and cilantro for a **250** dinner worth shouting about. We've got you covered! (2-p serves 4; 4-p serves 8)

WHAT WE SEND

- 1 yellow onion
- 1 bell pepper
- 1 green bell pepper
- ¼ oz fresh cilantro
- 2 (½ lb) pkgs chicken breast strips
- 2 (6 oz) penne ²
- ¼ oz granulated garlic
- ¼ oz Cajun seasoning
- 10 oz Alfredo sauce ¹
- 1 pkt chicken broth concentrate
- 2 (2 oz) shredded cheddar-jack blend ¹

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

TOOLS

- large pot with a lid
- large nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 740kcal, Fat 28g, Carbs 79g, Protein 48g



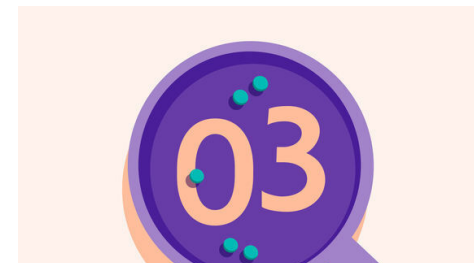
1. Prep ingredients

Bring a large pot of **salted water** to a boil. Halve **onion** and thinly slice. Halve **bell peppers**, remove stems and seeds, and thinly slice. Remove **cilantro leaves** from **stems** and finely chop stems; set leaves aside.



2. Cook chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a large nonstick skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, 4–5 minutes. Stir and cook until cooked through, 4–5 minutes more. Transfer to a plate. Reserve skillet for next step.



3. Cook veggies

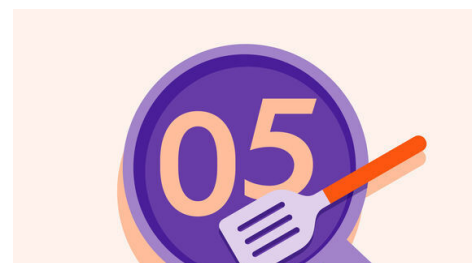
Add more **oil** to skillet if it looks dry. Add **veggies** and season with **salt** and **pepper**. Cook, stirring occasionally, until lightly browned and softened, 6–8 minutes.

Meanwhile, add **pasta** to **boiling water** and cook until al dente, 8–10 minutes. Reserve **1 cup pasta water** then drain pasta.



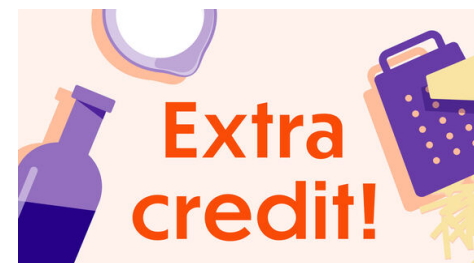
4. Make sauce

Reduce skillet heat to medium. Add ½ **teaspoon granulated garlic**, **cilantro stems**, and **all of the Cajun spice** (depending on heat preference). Cook until fragrant, about 30 seconds. Add ½ **cup pasta water**, scraping up any brown bits from bottom of skillet. Add **Alfredo sauce** and **broth concentrate**; stir until combined. Season to taste with **salt** and **pepper**.



5. Finish & serve

Add **pasta** and **chicken** to skillet with **sauce**. Stir until coated, thinning out with more **pasta water** if needed. Add **half of the cheese** and stir to combine. Transfer to plates and top with **remaining cheese** and **cilantro leaves**. Enjoy!



6. Check us out!

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