

# DINNERLY



## Cajun Chicken Pasta with Scallions



30-40min



2 Servings

We've been living in our hibernation clothes for some time now, so it feels appropriate that, like the squirrels, we're loading up! Not on acorns, silly....On dinner! This comfort food meal serves up a little more, so you can choose-your-own-adventure. Choose to fill your plate with an extra serving OR store it away for the next day OR share with a hibernating friend! It's a win-win-win. We've got you covered!



## WHAT WE SEND

- ¼ oz pkt Cajun seasoning
- ½ lb chicken breast strips
- 6 oz cavatappi <sup>2</sup>
- 10 oz alfredo sauce <sup>1</sup>
- 2 oz roasted red peppers
- garlic

## WHAT YOU NEED

- kosher salt & ground pepper
- butter <sup>1</sup>
- olive oil
- all-purpose flour <sup>2</sup>
- 1½ cups milk <sup>1</sup>

## TOOLS

- large pot
- large 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 790kcal, Fat 26g, Carbs 99g, Protein 42g



### 1. Prep ingredients

Bring a large pot of **salted water** to a boil.

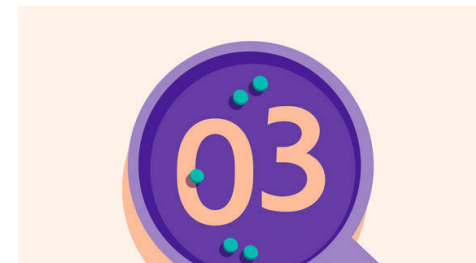
Finely chop **2 teaspoons garlic**. Trim ends from **scallions**, then thinly slice.

Pat chicken dry and season all over with **Cajun seasoning** (use half for milder heat) and **a pinch of salt**.



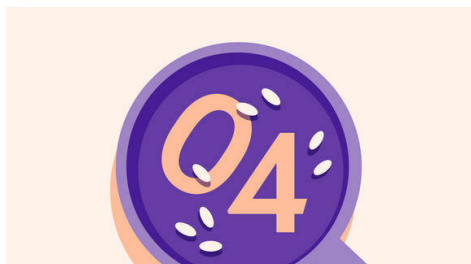
### 2. Cook pasta

Add **cavatappi** to boiling water and cook until al dente, about 8 minutes. Reserve **1 cup cooking water**, then drain pasta and return to pot off heat.



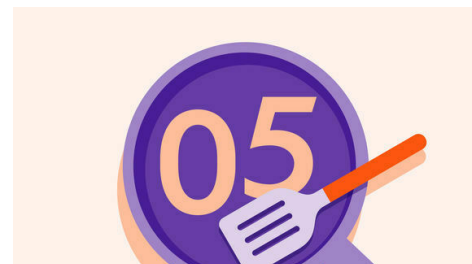
### 3. Cook chicken

Meanwhile, heat **1 tablespoon oil** in a large skillet over medium-high. Add **chicken** and cook, stirring once or twice, until well browned and cooked through, 5–7 minutes.



### 4. Make sauce

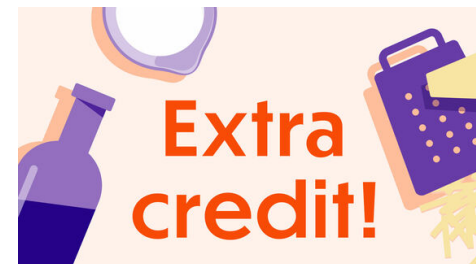
Add **scallions, chopped garlic**, and **3 tablespoons flour** to skillet with **chicken**; cook over medium-high heat until fragrant, about 1 minute. Slowly stir in **cream cheese** and **1½ cups milk**. Bring to a boil, stirring, until cream cheese is melted, 1–2 minutes. Reduce heat to low and cook until sauce is thickened to consistency of heavy cream, about 3 minutes.



### 5. Finish & serve

Return pot with **pasta** to medium heat. Add **chicken and sauce mixture, reserved pasta water**, and **half of the Parmesan**; cook, tossing, until pasta is coated in sauce, about 1 minute. Season to taste with **salt** and **pepper**.

Serve **Cajun chicken pasta** topped with **remaining Parmesan**. Enjoy!



### 6. Mix-up leftovers!

Repurpose tonight's leftovers into tomorrow's Dinnerly win! Transfer leftovers to a baking dish. When you're ready to cook, toss with a splash of milk to moisten, then top with toasted breadcrumbs (or crushed crackers if you have them!). Bake at 400°F until browned on top.