

MARLEY SPOON



Chicken and Spinach Pasta

with Herby Ricotta



20-30min



2 Portions

While it's great on a slice of crusty toasted bread, ricotta cheese is also a great way to add creaminess to pasta without adding calories. Here we've also paired it with wholemeal penne pasta and lean chicken breasts making this dinner nutritious, satisfying and nourishing.

What we send

- baby spinach leaves
- wholemeal penne ¹
- basil and garlic
- dried chilli flakes
- ricotta ⁷
- lemon
- onion
- free-range chicken breast fillet

What you'll require

- olive oil
- salt and pepper

Utensils

- Colander
- deep frying pan
- grater
- large saucepan
- Slotted spoon

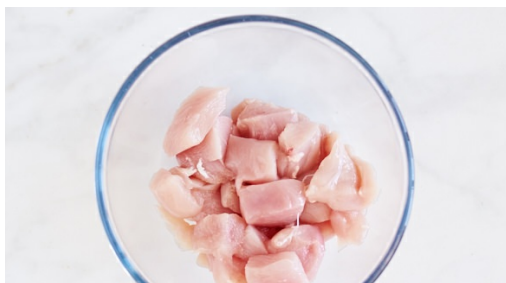
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 600.0kcal, Fat 13.0g, Proteins 52.3g, Carbs 63.3g



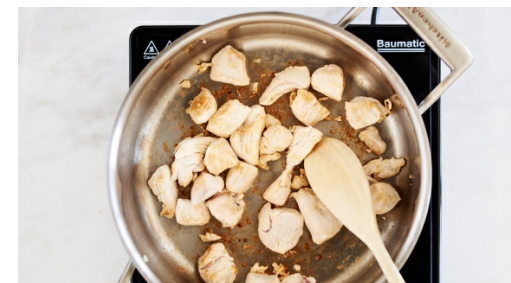
1. Prepare chicken

Trim any fat from the **chicken breast fillet** and cut into 2cm dice. Bring a large saucepan of salted water to the boil.



2. Prepare vegetables

Slice the **onion**. Finely chop or crush the **garlic**. Zest the **lemon** and squeeze the juice into a separate bowl. Pick the **basil** leaves (discard stems) and finely chop. Place half of the **ricotta** (reserve remaining for another use) in a bowl with the basil and stir until well combined.



3. Cook chicken

Heat 2 tsp **oil** in a deep frypan over high heat. Cook the **chicken** for 3-4 mins until browned. Remove from the pan with a slotted spoon and set aside.



4. Cook pasta

Meanwhile, cook the **pasta** in the pan of boiling water for 12-13 mins until al dente. Reserve 2 tbs cooking liquid, then drain in a colander. Return the pasta to the pan.



5. Finish sauce

Meanwhile, return the frypan to low heat and gently cook the **garlic, onion, lemon zest, chilli flakes** (use to taste) and a little **sea salt and pepper** for 3-4 mins until softened. Return the **chicken** to the pan and stir in the **spinach** until wilted. Add **lemon juice** to taste.



6. Assemble pasta

Add the **pasta** to the **chicken mixture** with some of the **ricotta mixture** and 2 tbs **reserved cooking liquid**. Stir over medium heat for 1 min or until well combined. Spoon into bowls and top with remaining **basil ricotta** and a sprinkling of **chilli flakes**, if desired.