

DINNERLY



Chicken and Mushroom Pasta with Creamy Mustard Sauce



20-30 minutes



2 Servings

Stir a smooth and creamy mustard and oregano-spiked sauce through pasta, chicken, garlic and mushies for a can't-go- wrong family dinner.

WHAT WE SEND

- 200g mushroom
- free-range chicken breast fillet
- 2 chicken-style stock cubes
- 200g casarecce pasta ¹
- 2g dried oregano
- 1 red onion

WHAT YOU NEED

- boiling water
- Dijon mustard ¹⁷
- garlic clove
- milk ⁷
- olive oil
- plain flour ¹
- salt and pepper

TOOLS

- large saucepan
- medium frypan

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

ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 715kcal, Fat 15.5g, Carbs 83.5g, Proteins 54.3g



1. Cook pasta

Bring a medium saucepan of salted water to the boil for the pasta. Cook the **pasta** in the pan of boiling water for 8 mins or until al dente. Drain.



2. Prep ingredients

Meanwhile, thinly slice the **mushrooms** and **onion**. Crush or finely chop **2 garlic cloves**. Cut the **chicken** into 2-3cm cubes. Crumble **1 stock cubes** into a heatproof jug, add **250ml (1 cup) boiling water** and stir to dissolve (the remaining stock cube won't be used in this dish).



3. Cook mushrooms

Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the **onion, mushroom** and **garlic**, stirring, for 2 mins or until softened. Add the **chicken** and cook for 3-4 mins, stirring occasionally, until browned.



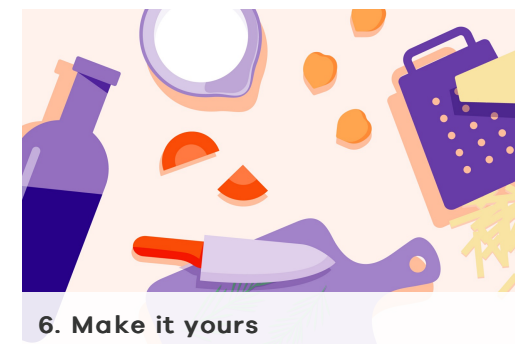
4. Make sauce

Add $\frac{1}{2}$ **tsp oregano** (the remaining oregano won't be used in this dish) and **1 tbs flour** to the chicken mixture and stir to coat. Add the **stock, 1 tbs mustard** and **125ml ($\frac{1}{2}$ cup) milk**. Bring to the boil, stirring regularly, then reduce heat to low and cook for 12-15 mins until the sauce has thickened and the chicken is cooked. Season to taste with **salt and pepper**.



5. Serve up

Add the **pasta** to the sauce and stir to coat. Divide **creamy chicken pasta** among bowls to serve.



6. Make it yours

Got any parsley in the fridge or growing in your garden? Finely chop a few leaves and scatter them over just before serving.