

# DINNERLY



## Chicken and Mushroom Pasta with Creamy Mustard Sauce

 20-30 minutes  4 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

- 500g mushrooms
- 400g casarecce pasta <sup>1</sup>
- free-range chicken breast fillet
- 2g dried oregano
- 1 red onion
- 2 chicken-style stock cubes

## WHAT YOU NEED

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

## TOOLS

- large frypan
- large saucepan

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 710kcal, Fat 15.5g, Carbs 82.5g, Proteins 54.5g



### 1. Cook pasta

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



### 2. Prep ingredients

Meanwhile, thinly slice the **mushrooms** and **onion**. Crush or finely chop **3 garlic cloves**. Cut the **chicken** into 2-3cm cubes. Crumble the **stock cubes** into a heatproof jug, add **500ml (2 cups) boiling water** and stir to dissolve.



### 3. Cook mushrooms

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



### 4. Make sauce

Add **1 tsp oregano** and **2 tbs flour** to the chicken mixture and stir to coat. Add the **stock, 2 tbs mustard** and **250ml (1 cup) milk**. Bring to the boil, stirring regularly, then reduce the heat to low and cook for 12-15 mins until the sauce has thickened and the chicken is cooked through. Season 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.