

# Tuscan CHICKEN PASTA



Tender slices of chicken tossed with pasta in a creamy, sun-dried tomato and spinach sauce, seasoned with Italian herbs and Parmesan. A quick, flavour-packed dish that's perfect for a comforting weeknight dinner.



## Ingredients:

- 3 chicken breasts (sliced thin)
- 2 tbsp olive oil
- 1 cup sun-dried tomato pesto
- 2 cups baby spinach
- 1 cup heavy cream (or fresh cream)
- ½ cup grated parmesan (any hard cheese of your choice)
- 300g pasta of your choice
- 1 tsp Italian herbs (oregano, thyme, basil mix)
- 1 tsp Portuguese Chicken Spice
- 1 tsp garlic paste
- 1 tsp garlic powder (optional)
- Salt & pepper to taste

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## Method:

1. Cook pasta according to package directions. Set aside.
2. Season chicken with salt, pepper, and a pinch of Italian herbs and spices.
3. Heat olive oil in a pan, then sear chicken until golden and cooked through.
4. Add sun-dried tomato pesto and cook briefly.
5. Stir in cream, bring to a simmer.
6. Toss in the spinach until just wilted.
7. Add parmesan, let it melt into a creamy sauce.
8. Add pasta to the pan, mix well, and season to taste.

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