

# CREAMY PASTA WITH CHICKEN & MUSHROOMS

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2 persons / 563 kcal per portion

## Ingredients:

- 120 grams of whole grain pens
- ½ tablespoon of Provencal herbs
- 200 grams broccoli
- 200 grams chicken thigh
- 250 grams mushrooms
- 200 ml cooking dairy
- pepper and salt
- 1 tablespoon olive oil
- 2 hands of rocket salad



## Preparation:

Cut the broccoli into florets, halve the mushrooms and cut the chicken thigh into strips. Cook the broccoli until al dente in 5 minutes. Cook the penne according to description on the package until al dente. Heat the oil in a frying pan and fry the chicken with some pepper and salt over medium heat until golden brown. Add the mushrooms and herbs to the chicken and fry for 3 minutes. Drain the broccoli and pasta and add it to the mushrooms and chicken in the pan. Pour in the cooking dairy and let it simmer for about 3 minutes. Add pepper and salt if desired. Spread some rocket salad on a plate and spoon the pasta over it.