

CREAMY PASTA WITH CHICKEN, SPINACH AND CHESTNUT MUSHROOMS

2 persons / 567 kcal per serving

Ingredients:

- 1 tablespoons of olive oil
- 200 grams chicken thighs
- 50 grams onion
- 100 grams chestnut mushrooms
- 1 clove of garlic
- ½ tablespoon dried thyme
- ½ tablespoon paprika powder
- 300 milliliters chicken stock
- 50 milliliters cooking cream
- 150 grams farfalle pasta
- 100 grams fresh spinach
- salt and pepper



Preparation:

Chop the onion and the garlic. Cut the mushroom into slices. Cut chicken thighs into cubes. Heat the olive oil in a large frying pan and fry the chicken until done. Remove the cooked chicken from the pan and set it aside. Fry the onion in the remaining oil until it looks translucent. Then add the mushrooms and garlic and fry for 1 minute. Also add the thyme and paprika powder and fry it for 1 minute. Add the chicken stock and cream and bring to a boil. Then add the pasta. Cook the pasta "al dente" as indicated on the package + 2 minutes since the cooking time is longer because you cook it in the cream. Stir every minute to avoid sticking. When the pasta is al dente, add the spinach and chicken. Mix this so that the spinach shrinks. Season with salt and pepper.

Nutritional value per portion:

Energy:	567 kcal
Protein:	33.2 grams
Carbohydrates:	60.7 grams
- including sugars:	5.7 grams
Fat:	17.4 grams
Fiber:	5.3 grams
Salt:	1.1 grams