



Creamy Chicken and Mushroom Pasta

Prep time: 15 Minutes Cook time: 20 Minutes Serves 4

This is a delicious and super easy pasta dish for the whole family to enjoy without the guilt!

Ingredients:

400g of cooked shredded chicken
300g mushrooms, sliced thinly
320g of penne pasta
½ of a white onion
4 cloves of garlic, crushed
2.5 cups of chicken stock
8 tbsp of low-fat cream cheese
Salt and black pepper
Low calorie cooking spray



Method:

1. Cook the pasta as per packet instructions, but do not overcook. Keep two ladles of the pasta water and then drain and set aside.
2. Spray a frying pan with the low-calorie cooking spray and add the onion, garlic and mushrooms, frying for around 2 minutes.
3. Pour in a little stock and reduce down, keep repeating, adding a little stock each time until the mushrooms are golden.
4. Whisk the cream cheese into the remaining stock and the reserved pasta water.
5. Add to the pan with the mushrooms and bring to the boil. Simmer uncovered until the sauce reduces and starts to thicken.
6. Add in the pasts and chicken and continue to simmer until the chicken is heated thoroughly and the sauce has thickened.
7. Season well with slat and pepper.
8. Serve and enjoy.

Helpful tips:

- To make this dish more indulgent, cheese can be added before serving.
- This dish could also be served with garlic bread.
- Any leftovers can be store in the refrigerator in a suitable container, ideally used within 2 days. Ensuring that when reheated the dish is piping hot.