

PANTRY 01 • RECIPE 04

CREAMY GARLIC CHICKEN PASTA

SERVES 4 • PREP 10 MINS
COOK 20 MINS • TOTAL 30 MINS

WHAT YOU'RE LEARNING

Why pasta water is an ingredient, not waste water.



INGREDIENTS

400g dried spiral pasta
 500g chicken thighs, sliced
 1 onion, finely diced
 3 cloves garlic, chopped
 1 tsp dried mixed herbs
 2 tbsp cooking oil
 1 chicken stock cube, dissolved in 1 cup hot water
 1 cup milk
 1 cup frozen peas or mixed vegetables
 1 cup grated cheese
 Up to 1 cup reserved pasta cooking water, as needed
 Black pepper

METHOD

- 01** Cook the spiral pasta as per the instructions on the packet in salted water until just tender. Reserve 1 cup pasta cooking water before draining.
- 02** Heat oil in a large frying pan and brown the chicken.
- 03** Add onion and cook until softened, then add garlic and herbs.
- 04** Pour in the stock, milk and ½ cup pasta water.
- 05** Simmer gently for 4–6 minutes.
- 06** Add frozen vegetables and cooked pasta.
- 07** Turn the heat low and stir through the cheese.
- 08** Add more pasta water as required until you have a glossy, creamy sauce. Finish with plenty of black pepper.

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CREAMY GARLIC CHICKEN PASTA (continued)

THE RECIPE IS THE START.
THIS PAGE TEACHES YOU HOW TO MOVE.

01 ROLL WITH THE SEASONS

SPRING spinach, peas, spring onions & parsley.

SUMMER courgette, capsicum, tomatoes.

AUTUMN mushrooms, pumpkin, cauliflower.

WINTER broccoli, cabbage, carrots.

Frozen peas and mixed vegetables are always a good fallback when fresh prices climb.

02 USE IT UP

Freeze spare chicken portions before they get forgotten. The sauce can also take almost any tired green vegetable.

03 SUBSTITUTIONS & OPTIONS

VEGETARIAN Swap chicken for mushrooms or tinned cannellini beans.

VEGAN Use mushrooms, beans, plant milk, vegan cheese and vegetable stock.

GLUTEN-FREE Use gluten-free spiral pasta and a certified gluten-free stock cube.