

COOK FRESH.

Chicken Spinach Rigatoni

Pasta with Sundried Tomatoes

Delight in a hearty Chicken Spinach Rigatoni Pasta, with Sundried Tomatoes and crispy Garlic Bread.

© 20 Mins

Kcal 964 | P 29 g | C 134 g | F

40g

Family Friendly

Quick and Easy Spicy



Before you start

Preheat the oven to 180 Degrees Celcius or a bread toaster.

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

What you'll need

Cooking Pot, Measuring jug, Strainer, Chopping board, Knife, Cooking pan, Oil, Wooden Spoon, Black pepper, and Baking tray.

Ingredients (2 persons)

-  Rigatoni Pasta 180GR
-  Pasta's Cooking Water 160ML
-  Red Onion 100GR
-  Garlic 7GR
-  Chicken Breast Cubes 280GR
-  Butter 10GR
-  Sundried Tomato 40GR
-  Fresh Oregano 5GR
-  Smoked Paprika 2GR
-  Chilli Flakes 2GR
-  Cooking Cream 200ML
-  Parmesan Cheese 6GR
-  Fresh Lemon 120GR
-  Baby Spinach 60GR
-  White Bread, Sliced 135GR
-  Garlic Butter 45GR

Method



Cook the Pasta

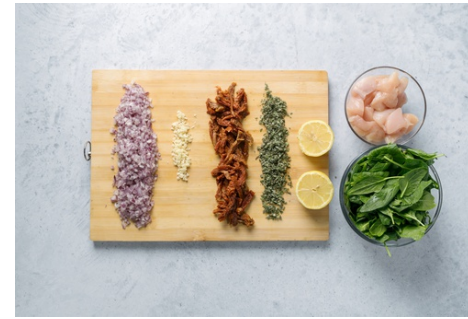
In a pot over medium heat, boil **water** with **salt**. Cook **rigatoni pasta** for 8-10 minutes until al dente, reserve a cup of **pasta water**, then drain.



Final Touches

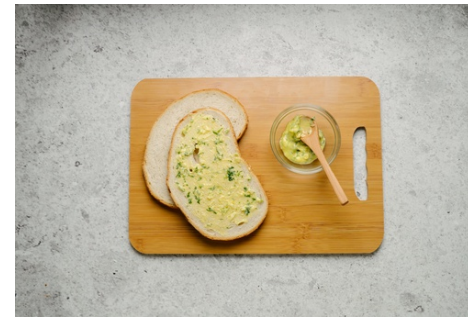
Pour in **pasta water**, boil for 3 minutes, add **cooking cream**, and simmer for 3-5 minutes. Add **cooked pasta** and **lemon juice** to the pan, season with **salt** and **pepper**, simmer for 3-5 minutes. Stir in **spinach** until wilted.

Allergens Dairy Gluten



Prep the Ingredients

Finely chop the **red onion** and **garlic**. Thinly slice **sundried tomatoes** and finely chop **oregano**. Cut the **lemon** in half and squeeze.



Toast the Bread

Place slices of **bread** on a baking tray. Toast them in the oven for 2 minutes, then spread **garlic butter** on each slice and return to the oven for another 2 minutes, or until they are golden brown and crispy.



Cook the Chicken

In a pan, heat **oil** over medium heat, add the **chicken cubes** seasoned with **black pepper** and **salt** for 4-6 minutes. Add **onion** and **garlic**, sauté until softened. Stir in **butter**, **sundried tomato**, **oregano**, **smoked paprika**, and **chili flakes (spicy)**.



Serve and Enjoy!

Divide the **pasta** onto plates, making sure to get a good mix of **chicken**, **vegetables**, and **sauce**. Sprinkle each serving with **Italian cheese** and serve with the **toasted garlic bread** on the side.