



Creamy Chicken and Mushroom Pasta

COOKING TIME: 30 MINS



Healthy
UCD

SERVINGS: 4

Ingredients

- 500g Chicken
- 300ml Milk
- 1 Onion
- 300g Mushrooms
- 125g Spinach
- 2 cloves Garlic
- 1 Chicken Stock Cube
- 400g Pasta
- Salt
- Pepper



Ingredient	Amount	Tesco	Aldi	Centra
Chicken	500g	5.70	4.70	5.50
Milk	300ml	0.65	0.65	0.65
White Onion	1 medium	0.60	0.50	0.50
Mushrooms	300g	1.25	1.20	1.00
Spinach	125g	1.00	1.00	1.50
Garlic	2 cloves	0.20	0.20	0.20
Chicken Stock Cube	1	0.45	0.45	0.50
Pasta	400g (800g when cooked)	0.75	0.55	-
Salt	2 teaspoons			
Pepper	1 teaspoon			
Total Cost		10.6	9.25	9.85
Cost per Serving		2.65	2.31	2.46

Method

1. Place pasta in pot of salted water and bring to boil
2. While pasta is cooking, prepare your veg: Dice onion, slice mushrooms.
3. Slice chicken, season with salt and pepper and put it into a frying pan on medium heat
4. After 8 minutes, or when the chicken is completely cooked, add the veg prepared in step 2
5. Strain pasta once cooked. Make sure to keep some pasta water for the sauce
6. Add milk to the pan and bring to a light boil
7. Once the pan starts to boil add the chicken stock cube
8. Gradually add some pasta water, while stirring, to thicken the sauce.
9. Once the sauce is at the desired consistency, add the pasta and spinach to the pan
10. Season with salt and pepper to your desired taste



Dietary Information

	Per Serving	%RI
Energy (kcal)	396	20%
Fat	5.6	8%
of which saturates	2.4	12%
Carbohydrates	43	17%
Fibre	4.2	17%
Protein	42	84%
Salt	1.3	22%

Dietary Information



Gluten free



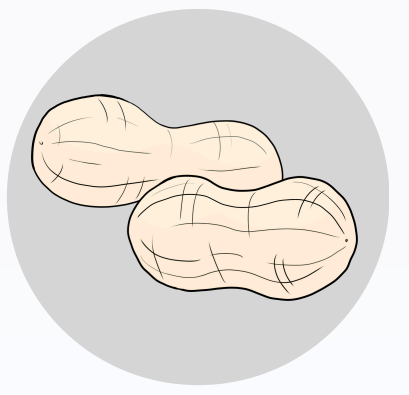
Vegetarian



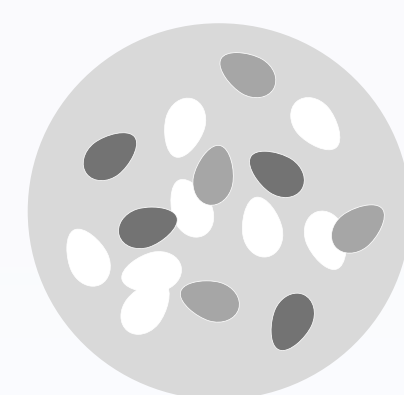
Contains gluten



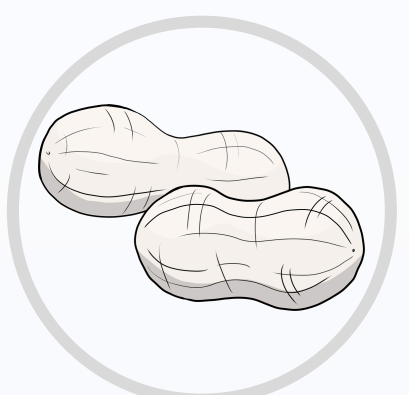
Vegan



Contains nuts



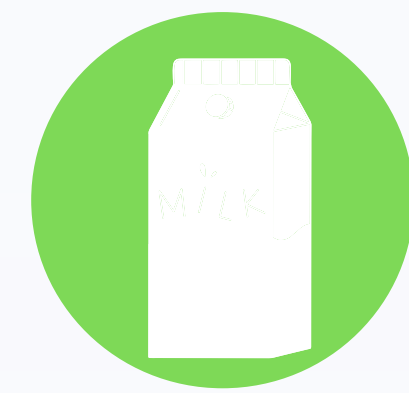
Contains sesame



May contain nuts



Contains soy



Contains dairy



Contains celery



Contains eggs



Contains fish