

Creamy Chicken with White Wine Sauce



Serves
4 people

Prep Time

Cooking

Total Time

Calories

489 kcal

Stuff that's in it:

- 220G Wholewheat Penne Pasta (Dry Weight)
 - 600G Chicken Breasts (Diced)
 - 100Ml Single Cream
 - 1Tsp Oil
 - 50Ml White Wine
 - 1 Clove Garlic (Chopped)
 - 180G Chestnut Mushrooms (Sliced)
 - 150G Frozen Peas
 - 150G Onions (Chopped)
 - 2Tsp Fresh Thyme
 - 2Tsp Fresh Parsley (Chopped)
 - 200Ml Chicken Stock
 - 30G Parmesan Shavings

What you do:

Put your pasta on to cook according to packet instructions

In a large deep pan, squirt a little oil and add the chicken, onion and mushroom, fry for a few minutes, then

add the thyme sprigs and garlic, fry for a minute, then add the wine and stock, bring to the boil then add the peas and simmer for 10 minutes. Add the cream, parsley and pasta, stir through until everything is combined and serve.

Nutrition

- Carbs: 43g
- Fat: 10g
- Protein: 49g

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