

Creamy Butternut Squash Pasta



Serves	Prep Time	Cooking	Total Time	Calories
2 people				514 kcal

Stuff that's in it:

- Xxx Xxx (Xxx)

What you do:

This super easy , full of flavour dish is perfect for any day of the week!

Pre heat your oven to 180°C

Coat your chicken breasts in the rub, squirt with fry light and pop on to a baking tray for around 30 minutes until cooked through, rest.

Cook your tagliatelle as per the packet instructions.

Add the butternut-nut squash to a non stick flat tray, squirt with fry light, add the paprika and thyme and bake for 35 minutes.

Allow to cool a little.

Pop into a food processor and blend, then add the creme fraiche and blend for a few seconds.

Toss the Sauce through the pasta , slice the chicken breast and lay over the pasta.

Nutrition

- Carbs: 55g
- Fat: 10g
- Protein: 46g

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