

CREAMY LEMON PARMESAN CHICKEN SPAGHETTI

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COOK TIME: 30mins

SERVES: 4

CALORIES: 415 kcal (PER SERVING)

INGREDIENTS

250 g (8.8oz) spaghetti
2 chicken breast, cut into bite-sized pieces
100 g (3.5 oz) spinach
2-3 tbsp lemon juice
2 garlic cloves, minced
1 tsp each: salt, black pepper, sweet paprika, red pepper flakes
2 tbsp olive oil
1 tbsp unsalted butter
2 tbsp capers
250 ml (1 cup) cream 20 % fat
50 ml (1/4 cup) dry white wine
60 g (2.1 oz) grated Parmesan
basil leaves

*CRUNCHY BREADCRUMBS

3 tbsp olive oil
1/2 cup panko breadcrumbs
1/2 tsp salt + black pepper

DIRECTIONS

First make the breadcrumbs. Heat oil in a non-stick skillet. Then add panko. Cook over medium-high heat, while tossing frequently, until crunchy and golden brown, about 5 minutes. Season with salt and black pepper. Transfer the breadcrumbs onto a plate.

Bring a large pot of salted water to a boil. Cook the spaghetti until al dente. Drain, reserving 1/2 cup cooking water.

Heat oil and butter in the same skillet, add chicken. Fry until golden on each side and cooked through, about 5 minutes, depending on the thickness of your chicken. Transfer onto a plate.

Lower the heat, add garlic and cook until fragrant, about 1-2 minutes. Deglaze with white wine, stir with a wooden spoon to dissolve the browned bits from the bottom. Add spinach, stir until slightly wilted. Stir in capers and lemon juice. Pour in 1/4 cup cooking water and cream, bring to a boil. Toss with spaghetti, then gradually stir in the Parmesan until it melts into the sauce. Slide chicken back into the skillet and stir, simmer for 1 minute. Finish off with basil leaves. Taste and adjust salt and pepper. If needed, add more pasta water to thin the sauce.

Serve immediately. Top with breadcrumbs, extra black pepper and red chili flakes, if desired. Enjoy!

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