

# CREAMY SUN-DRIED TOMATO CHICKEN PASTA

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COOK TIME: 30mins

SERVES: 4

CALORIES: 584 kcal (PER SERVING)

## INGREDIENTS

250 g pasta  
1 tbsp oil reserved from the sun-dried tomatoes  
1 tbsp unsalted butter  
450 g chicken breast fillet  
4 garlic cloves  
1/2 cup chicken broth  
120 g sun-dried tomatoes, drained  
1 cup half-and-half, or low fat cream  
150 g cream cheese with black peppercorns,  
1 used Boursin  
1 tbsp chopped parsley, for serving  
1/2 tsp crushed red pepper flakes, for serving

### \*SPICES

1 tsp each: salt, black pepper,  
sweet paprika, dried thyme, dried sage,  
dried oregano  
1/2 tsp cayenne pepper

## DIRECTIONS

Get all the prep done before you start cooking: cut the chicken into bite-sized pieces, mince the garlic and chop the sun-dried tomatoes into strips.

Bring a large pot of generously salted water to a boil and cook pasta until al dente. Drain, reserving 1/4 cup of cooking water.

Heat oil and butter in a large skillet over medium high heat. Add chicken, cook until it starts to brown. Stir in spices, cook until crispy and golden brown. Reduce the heat to medium low and add garlic, cook until fragrant, about 2 minutes.

Pour in chicken broth, stir with a wooden spoon to dissolve the brown bits on the bottom of the skillet, simmer for 2 minutes. Add sun-dried tomatoes, cook for 1 minute.

Pour in cream, bring to a boil. Stir in cream cheese and simmer until sauce starts to thicken. Toss with pasta, simmer for 1 minute. Adjust salt and add a splash of cooking water to thin out the sauce.

Finish off with some extra black pepper, red pepper flakes and parsley. Enjoy!

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