



# Light pasta with chicken and broccoli

15'  
Hands on

10'  
Cook Time

4-6  
Portion(s)

1  
Difficulty



## Ingredients

- 500 g penne, whole wheat
- 1 broccoli, medium
- 400 g chicken breast fillet
- salt
- thyme
- 1 tablespoon(s) olive oil
- 1 g chili flakes
- 2 clove(s) of garlic
- 400 g light cream
- 50 g sun-dried tomato
- oregano, fresh
- 200 g fresh cream cheese (Nivato)

To serve

- thyme
- pepper

## Method

- Place a **pot** filled with a generous amount of water over high heat and bring to a boil.
- Add salt and the pasta. Boil according to the directions on the package, making sure they are al dente.
- Cut the broccoli into florets and cut the larger florets in half.
- Remove the peel from the stem and cut into small cubes.
- Add the florets to the pot.
- In the meantime, place a large **pan** over high heat and let it get hot.
- On a **cutting board**, cut the chicken fillets into small pieces.
- Season with salt and pepper, thyme and chili flakes. Drizzle with olive oil.
- Add them to the pan, sauté and stir with a wooden spoon.
- When golden, add the garlic and the heavy cream.
- Finely chop the sun dried tomatoes and add to the pan.
- Using a **slotted spoon**, remove the penne and broccoli from the pot and add to the pan. **IMPORTANT**- Do not rinse the pasta with cold water, add them directly to the pan.
- Stir with a wooden spoon and allow the heavy cream to come to a boil.
- Remove from heat and add the thyme, oregano and cream cheese.
- Season to taste and serve with extra thyme and freshly ground pepper.

## Διατροφικός πίνακας

Nutrition information per portion

545 Calories (kcal)	17.0 Total Fat (g)	8.7 Saturated Fat (g)	61.0 Total Carbs (g)
27%	24%	44%	23%
9.6 Sugars (g)	33.0 Protein (g)	7.7 Fibre (g)	1.5 Sodium (g)
11%	66%	31%	25%