



Pappardelle noodles with chicken a la crème

10'

Hands on

30'

Cook Time

4-6

Portion(s)

1

Difficulty



Method

- Place a [non-stick pan](#) over high heat and let it get very hot.
- [Quarter](#) the mushrooms.
- Add 2 tablespoons of olive oil to the hot pan and add the mushrooms.
- Season with salt and pepper and sauté until they shrink in volume and turn golden.
- When ready, remove from heat and set aside.
- Place the same pan over high heat and add 2 tablespoons of olive oil.
- Cut the chicken into 3-4 cm pieces.
- Add them to the pan and season with salt and pepper.
- Mix with a wooden spoon and sauté until golden.
- When ready, remove from pan and set aside.
- Place the same pan over high heat and let it get hot.
- Finely chop the onion and garlic, cut the bell peppers into 0.5 cm strips and add them to them all to the hot pan.
- Add the thyme and butter. Stir until the vegetables soften and turn golden.
- Then add the chicken and stir.
- Add the cognac and let the alcohol evaporate.
- Add the water, mushrooms and heavy cream. Stir.
- Add the cream cheese and stir until it is completely incorporated in the sauce.
- Add the chicken bouillon cube and simmer for 2-3 minutes until the sauce thickens.
- Add the boiled pappardelle noodles to the pan and toss until they have soaked up the sauce.
- Remove from heat, add the grated parmesan and mix.
- Serve with fresh thyme, freshly ground pepper and parmesan flakes

Ingredients

- 400 g fresh mushrooms
- 2 chicken breast fillets, boneless, skinless
- 4 tablespoons olive oil
- salt
- pepper
- 1 onion, large
- 1 red bell pepper
- 1 yellow bell pepper
- 3 cloves of garlic
- 2 tablespoons fresh thyme, only the leaves
- 2 tablespoons butter
- 50 g cognac
- 150 g water
- 150 g heavy cream
- 200 g cream cheese
- 1 chicken bouillon cube
- 500 g pappardelle pasta noodles, boiled 2 minutes less than the instructions on the package
- 60 g parmesan cheese, grated
- thyme, for serving
- parmesan flakes, for serving

Διατροφικός πίνακας

Nutrition information per portion

427 Calories (kcal)	19.0 Total Fat (g)	12.0 Saturated Fat (g)	38.0 Total Carbs (g)
21%	27%	60%	15%
7.5 Sugars (g)	24.0 Protein (g)	4.6 Fibre (g)	1.1 Sodium (g)
8%	48%	18%	18%