

Cajun Chicken Pasta



Ingredients

- 1 tbsp Oil
- 1tbsp Cajun seasoning
- 1tsp paprika
- 1tsp ground cumin
- ½ tsp dried oregano
- 3 chicken breasts
- 6 mushrooms
- 200g dried linguine (or any shaped pasta)
- 1 onion
- 2 Peppers
- 2 garlic cloves
- 230ml chicken stock
- 250g plain quark

Serves 4

Quark is a type of soft cheese. It is low fat and high protein. When you add it to recipes make sure your pan is off the heat to prevent it curdling

Method

1. Chop the chicken into bitesize chunks. Place in a bowl and mix with cajun seasoning, paprika, cumin, oregano and black pepper. Set aside
2. Peel and finely chop the onion and garlic
3. De-seed and chop the peppers into small chunks
4. Wash and chop the mushrooms
5. Heat the oil in a pan. Add the chicken and cook for 5 minutes
6. Add the onion and garlic and cook until soft
7. Cook the pasta according to packaging instructions
8. Add the peppers and mushrooms to the chicken and continue to cook for around 10 minutes (add 2 tbsp chicken stock if it sticks)
9. Add in the remaining stock and bring to the boil.
10. Reduce the heat to a simmer
11. When the pasta is cooked drain and add to the pan.
12. Take the pan off the heat and stir in the quark
13. Serve

