

Cajun Chicken Pasta

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-cajun-chicken-pasta-recipe>

Ingredients:

- 2 teaspoons Cajun seasoning
- 2 teaspoons garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper optional
- 1 pound skinless chicken breasts or skinless chicken thighs
- 3 garlic cloves minced
- 1 onion diced
- 14 ounces chopped tomatoes tinned, canned chopped / crushed tomatoes in their juice
- 7 ounces butternut squash cut into small cubes
- 1/2 pound penne pasta dried, or similar pasta shapes
- 2 1/2 cups chicken stock broth using a stock cube or canned
- 3 tablespoons quark cheese for Slimming World version or cream cheese / heavy cream
- 3 tablespoons grated Parmesan cheese Healthy Extra plus extra to serve
- 1 bunch fresh basil chopped
- salt
- pepper

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 85 milligrams
4. Fat: 9 grams
5. Fiber: 5 grams
6. Protein: 41 grams
7. SaturatedFat: 3 grams
8. Sodium: 940 milligrams
9. Sugar: 10 grams

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