Main dishes / United States

Creamy Lemon Chicken Pasta with Spinach

Short pasta and golden-seared chicken folded through a light cream and Parmesan sauce that stays bright with lemon zest and juice, with a big handful of spinach collapsing into ribbons at the last second.

Time 35 min **Servings** 4

What you'll need.

- ☐ 350 g Short pasta (penne, fusilli or casarecce), dry
- ☐ 1 tbsp Kosher salt, for the pasta water
- ☐ 500 g Boneless skinless chicken breasts, cut into 2.5 cm pieces
- ☐ 0 to taste Kosher salt, for the chicken and sauce
- ☐ 0 to taste Black pepper, freshly ground
- ☐ 15 ml Olive oil
- ☐ 20 g Unsalted butter
- ☐ 4 cloves Garlic, minced
- ☐ 0.25 tsp Red pepper flakes
- ☐ 240 ml Heavy cream
- ☐ 1 whole Lemon, zested then juiced
- ☐ 60 g Parmesan, finely grated
- ☐ 150 g Baby spinach
- ☐ 180 ml Starchy pasta cooking water, reserved

Let's make it.

01 Bring about 4 l (4 qt) water to a boil in a large pot and add the salt. Cook the pasta 1 minute less than the package directions, stirring in the first minute. Before draining, scoop out a mug of the starchy cooking water (you need about 180 ml), then drain.

02 While the water heats, pat the chicken dry and season with 3/4 tsp kosher salt and pepper. Heat the oil in a 12-inch (30 cm) skillet over medium-high heat. Add the chicken in a single layer and cook without stirring 3 minutes until golden underneath, then turn and cook 2–3 minutes more until cooked through to 165°F (74°C) — check the largest piece. Transfer to a plate.

03 Lower the heat to medium, add the butter to the same skillet and, once it foams, add the garlic and pepper flakes; cook 45 seconds until fragrant. Pour in the cream and the lemon zest, scraping up the browned bits, and simmer gently 2–3 minutes until slightly thickened.

04 Add the drained pasta and 120 ml of the pasta water to the skillet and toss over medium-low heat for 1–2 minutes until the pasta is al dente and the sauce clings. Take off the heat, add the Parmesan in handfuls, tossing to melt, then add the spinach and chicken and toss until the spinach just wilts. Stir in 2 tbsp lemon juice, taste, and add more lemon, salt, pepper or a splash of pasta water to loosen. Serve immediately.

Recipe & provenance ForkRecipe Kitchen / ForkRecipe / FoodML and contributors / CC BY-SA 4.0.
Original recipe and attribution CC BY-SA 4.0
Servings are an estimate; check quantities in the source recipe.
recipes.dvs-services.be / creamy-lemon-spinach-chicken-pasta