

Healthy Chicken Pot Pie Pasta Recipe

erves one - easily multiplied - gluten free, low fat, egg free, high protein, clean eating recipe

1 serving of your favorite pasta, cooked and drained
~100-150g chicken breast, sliced
1 small carrot, peeled and diced
1/4 cup peas (fresh, frozen or canned)
1/4 cup corn kernels (fresh, frozen or canned)

1/4 cup chicken stock
1tsp. cornflour/cornstarch
2 tbsp. reduced fat cream cheese
salt and pepper, to taste
a pinch of thyme leaves

- Cook your pasta according to package directions and set aside.
- In small non-stick saucepan over medium-high heat, saute chicken & carrot until chicken is cooked through and carrots start to soften.
- Once chicken is cooked, add your peas, corn and cornstarch and stir to combine.
- Add in chicken stock, stirring to incorporate all of the ingredients
- Reduce your heat to medium-low, once mixture thickens, add your cream cheese and thyme and season to taste.
- Toss your cooked pasta through your sauce mixture and serve immediately.



(<http://www.southerninlaw.com/2017/01/healthy-gluten-free-chicken-pot-pie-pasta-recipe.html>)



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