

Chicken & Spinach Skillet Pasta with Lemon & Parmesan

Serves 2

- 113 g penne
- 1 T extra-virgin olive oil
- 225 g boneless, skinless chicken breast or thighs cut into bite-size pieces
- ¼ tsp salt
- ⅛ tsp ground pepper
- 2 cloves garlic, minced
- 60 ml dry white wine or chicken stock
- Juice and zest of ½ lemon
- 150 g chopped fresh spinach
- 30 g grated Parmesan cheese, divided



1. Cook pasta according to package directions. Drain and set aside.
2. Meanwhile, heat **oil** in a large high-sided skillet over **medium-high heat**.
3. Add **chicken, salt** and **pepper**; cook, stirring occasionally, until just cooked through, **5 to 7 minutes**.
4. Add **garlic** and cook, stirring, until fragrant, **about 1 minute**.
5. Stir in **wine or stock, lemon juice** and **zest**; bring to a simmer.
6. Remove from heat.
7. Stir in **spinach** and the cooked **pasta**. Cover and let stand until the spinach is just wilted.
8. Divide among 4 plates and top each serving with **15 g Parmesan**.