

Chicken & Spinach Skillet Pasta with Lemon & Parmesan

Serves: 2



Ingredients

- Penne pasta – 225 g (dry)
- Extra-virgin olive oil – 15 ml (1 Tbsp)
- Boneless, skinless chicken breast or thighs – 300 g, cut bite-size
- Black pepper – ¼ tsp (skip added salt; use coconut aminos instead)
- Garlic – 2 cloves, minced
- Dry white wine (or water + splash of vinegar) – 120 ml
- Lemon zest – 1 tsp (from ½ lemon)
- Lemon juice – 2 Tbsp (30 ml)
- Unsalted butter – 20 g, cubed
- Parmesan cheese – 20 g (≈2 Tbsp), plus more for garnish (another 10 g)
- Fresh spinach – 150 g (about 5 cups, chopped)
- Kevala coconut aminos – 2 tsp (instead of salt, adds umami)
- Reserved pasta cooking water – 60–120 ml as needed

Instructions

1. Cook **pasta** in boiling water until al dente. Reserve **120 ml pasta water**, drain, set aside.
2. Heat **olive oil** in a large skillet over **medium-high**. Add **chicken**, season with **pepper + coconut aminos**, cook **5–7 minutes** until browned and cooked through.
3. Add **garlic**, cook **1 min** until fragrant.
4. Stir in **wine**, **lemon zest**, and **lemon juice**. Bring to simmer.
5. Add **butter** and **10 g Parmesan**, whisk until sauce emulsifies and slightly thickens. Add **60–120 ml pasta water** to loosen if needed.
6. Stir in **spinach** until wilted, then add **pasta**. Toss until coated and heated through.
7. Serve hot, sprinkled with remaining **Parmesan** and extra **lemon wedges** if desired.

Nutrition (per serving, 1 of 2)

- **Calories:** ~585 kcal
- **Protein:** 37 g
- **Fat:** 21 g
 - Sat. Fat = 7 g
- **Carbs:** 62 g
 - Sugars = 4 g
- **Fiber:** 6 g
- **Sodium:** ~420 mg (from Parmesan + coconut aminos)
- **Omega-3:** ~0.2 g

Suggestions

- Swap part of the pasta with **zucchini noodles** (ズッキーニ麺) to lighten carbs.
- Add **mushrooms** or **asparagus** to increase umami and texture.
- For a creamy twist, stir in 2 Tbsp plain Greek yogurt at the end (off heat).