Dinner

Creamy Chicken and Mushroom Qetoe Pasta

A speedy weeknight dinner where Qetoe pasta gets folded through a silky sauce of bacon, mushrooms and chicken, finished with a handful of fresh parsley.



Nut free

35 min	332	17 g	5.8 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 200 g low carb Qetoe pasta of your choice e.g., fettucine
- [ ] 1 teaspoon olive oil
- [ ] 100 g shortcut bacon, diced
- [ ] ½ small onion, finely chopped
- [ ] 1 garlic clove, crushed
- [ ] 150 g button mushrooms, sliced
- [ ] 200 g cooked chicken, chopped
- [ ] Salt and black pepper to taste
- [ ] 3 tsp cornflour
- [ ] 1 cup Nestle Evaporated skim milk
- [ ] ¼ cup chopped parsley

Nutrition Facts

Per serving

Calories	332
Total fat	6.4 g
Saturated fat	1.5 g
Sodium	448 mg
Total carbs	17 g
Fiber	12.8 g
Total sugars	5.8 g
Protein	45 g

Method

- [ ] **1** Tip 2 litres of water into a large pot and bring it to the boil, drop in 200g low carb Qetoe pasta of your choice e.g., fettucine, and let it cook for 5 minutes or until al dente, then drain and set it aside.
- [ ] **2** Set a nonstick pan or casserole pot over medium heat and pour in the olive oil. Tumble in the diced shortcut bacon, finely chopped onion and crushed garlic and let everything cook for 5 minutes.
- [ ] **3** Add the sliced button mushrooms, pop a lid on the pan and cook for 4 minutes or until the mushrooms are tender, then stir the chopped cooked chicken through.
- [ ] **4** Whisk the cornflour into 2 tablespoons of the evaporated skim milk in a small cup, scrape this mixture into the pan along with the rest of the evaporated skim milk and keep stirring constantly as it comes to the boil, then turn the heat down to low.
- [ ] **5** Season with salt and black pepper to taste.
- [ ] **6** Tip the drained pasta into the sauce along with the chopped parsley and stir until everything is heated through.
- [ ] **7** Serve straight away.

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