



Chicken Pasta with Thyme-Mint Cream Sauce

READY IN



40 min.

SERVINGS



4

CALORIES



917 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound soup noodles such as linguine or fettucine
- ☐ 2 Tbsp olive oil extra virgin
- ☐ 1.3 lb chicken breasts boneless skinless cut into 1-inch cubes
- ☐ 4 servings salt
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.8 cup chicken stock see
- ☐ 1 cup heavy whipping cream
- ☐ 1.5 Tbsp thyme leaves fresh chopped for garnish (plus extra)

- ☐ 1 teaspoon lemon zest
- ☐ 2 teaspoons honey
- ☐ 1 teaspoon apple cider vinegar
- ☐ 0.5 teaspoon salt and more salt and pepper black freshly ground to taste
- ☐ 2 Tbsp spearmint fresh chopped for garnish (plus extra)
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Equipment

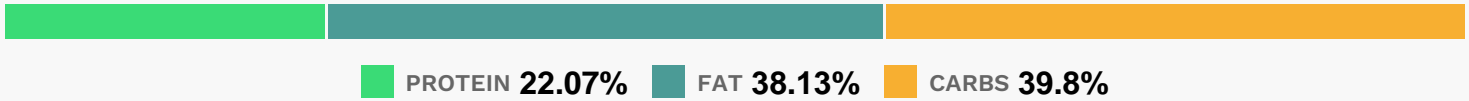
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ wooden spoon
- ☐ tongs

Directions

- ☐ Heat 4 quarts of salted water (1 Tbsp of salt for every 2 quarts) in a large pot for the pasta.
- ☐ Brown the chicken: As the water heats, prepare the chicken.
- ☐ Heat olive oil in a large skillet on medium high. Season the chicken pieces generously with salt and freshly ground black pepper.
- ☐ Add the chicken pieces to the hot pan, spreading them out initially and then not stirring them, so they have an opportunity to brown. Once lightly browned on one side, use tongs to flip the pieces over so they brown on the second side.
- ☐ When pieces are browned on both sides, and just cooked through, remove to a paper towel lined plate.
- ☐ Make the sauce: Deglaze the pan with white wine. Use a wooden spoon to scrape up the browned bits from the bottom of the pan.
- ☐ Add the chicken stock and let liquids reduce by half (turn up the heat if necessary).
- ☐ Add the cream, mint, thyme, lemon zest, honey, salt, and vinegar. Reduce the sauce by half again.

- ☐ Cook the pasta: Once the pasta water is boiling, add the pasta and cook following directions on pasta package.
- ☐ Add pasta and chicken to sauce: When pasta is ready, reserve a half cup of the pasta cooking water, and drain the pasta.
- ☐ Add the pasta to the cream sauce when cream sauce has been reduced by half and can thickly coat a spoon.
- ☐ Add chicken to the pasta and sauce.
- ☐ Add more salt and pepper to taste (be generous with both!)
- ☐ Add back some of the reserved pasta water if after a few minutes the pasta needs more liquid to loosen it.
- ☐ Serve immediately.
- ☐ Garnish with a little chopped fresh mint and thyme.

Nutrition Facts



Properties

Glycemic Index:65.07, Glycemic Load:35.71, Inflammation Score:-10, Nutrition Score:29.904782336691%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 916.69kcal (45.83%), Fat: 37.78g (58.13%), Saturated Fat: 16.95g (105.97%), Carbohydrates: 88.72g (29.57%), Net Carbohydrates: 84.46g (30.71%), Sugar: 7.77g (8.63%), Cholesterol: 254.56mg (84.85%), Sodium: 464.62mg (20.2%), Alcohol: 3.09g (100%), Alcohol %: 0.97% (100%), Protein: 49.2g (98.39%), Selenium: 137.57µg (196.53%), Vitamin B3: 18.01mg (90.03%), Vitamin B6: 1.38mg (69.09%), Phosphorus: 626.65mg (62.67%), Manganese: 1.12mg (56.13%), Vitamin B5: 3.24mg (32.39%), Magnesium: 116.6mg (29.15%), Potassium: 950.51mg (27.16%), Vitamin B2: 0.41mg (24.3%), Vitamin A: 1115.71IU (22.31%), Zinc: 3.3mg (22.02%), Copper: 0.43mg (21.42%), Vitamin B1: 0.31mg (20.97%), Iron: 3.47mg (19.27%), Fiber: 4.26g (17.03%), Vitamin E: 2.26mg (15.08%), Vitamin B12: 0.71µg (11.79%), Folate: 44.86µg (11.22%), Calcium: 103.44mg (10.34%), Vitamin D: 1.43µg (9.56%), Vitamin C: 7.01mg

(8.5%), Vitamin K: 7.75µg (7.38%)