

Less than 45 minutes

Serves 2

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Ingredients:

- Salt and milled pepper
- 2 (about 100g each) chicken breasts
- 1 Tbsp (15ml) smoked paprika
- ¼ cup (60ml) olive oil
- 3 cloves garlic, chopped
- 3 spring onions, sliced
- 1 cup (250ml) cream
- ½ cup (125ml) mascarpone (optional - see cook's note)
- 2 tsp (10ml) Dijon mustard
- Handful fresh basil leaves, torn
- 1 punnet (350g) PnP mixed medley tomatoes, halved
- ½ packet (100g) baby spinach
- Juice (120ml) and grated peel of 2 lemons
- 3 Tbsp (45ml) chopped parsley
- ½ packet (250g) spaghetti, cooked according to packet instructions

COOK'S NOTE

Swap mascarpone for a low-fat cream cheese instead.

Method:

1. Preheat oven to 200°C.
2. Season chicken and sprinkle with half the paprika.
3. Heat half the oil in a large pan and fry chicken until golden but not quite cooked through.
4. Add garlic and spring onion and cook for 2-3 minutes.
5. Combine cream, mascarpone (if using), mustard, basil and remaining paprika and pour over chicken.
6. Stir through tomatoes and spinach. Season.
7. Bake for 12-15 minutes or until cooked through.
8. Combine lemon juice and peel, parsley, remaining oil and toss mixture through spaghetti.
9. Remove chicken from sauce, slice and toss back into sauce.
10. Divide spaghetti between two bowls and top with creamy chicken. Serve.

SPLURGE

Swap mixed medley tomatoes for sun-dried tomatoes to make it even more Tuscan.