

Cajun Chicken & Sausage Pasta

Recipe makes 6 meals

Ingredients

1 lb Boneless Skinless Chicken Breast, chopped

15 oz Barilla Protein+ Pasta

13 oz Hillshire Farm Turkey Polska Kielbasa, sliced

8 oz Mushrooms, sliced

2 Green Bell Peppers, sliced

1/2 C Chicken Broth

1/2 C Fat Free Fairlife Milk

1/2 C Grated Parmesan

1 Tbsp Butter, divided

1 Tbsp + 1/2 Tbsp Cajun Seasoning, divided

1/2 Tbsp Garlic Powder

1/2 Tbsp Onion Powder

Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 494

Fat - 14g

Carbohydrates - 51g

Protein - 44g

**Estimated Cost
Per Meal**

\$2.97

  @zachcoen

www.mindbodyandnutrition.com

Instructions

1. Start by chopping your chicken into bite size pieces and place in a mixing bowl. Add in 1 Tbsp of Cajun seasoning (less if you don't like a lot of spice). Mix to coat and set aside.
2. Heat a pan over medium-high heat and add in your turkey sausage and sear on both sides. When done, remove and set aside.
3. In that same pan, melt 1/2 Tbsp of butter then add in your chicken. Cook for 3-4 minutes on each side or until a brown crust forms and the chicken is cooked through in the middle.
4. While your chicken is cooking, heat a large pot of water and cook your pasta according to the instructions on the package. When done, strain, return to the pot, and set aside.
5. When your chicken is done, remove from the pan and set aside. In that same pan, melt 1/2 Tbsp butter, then add in your sliced bell peppers and cook for 4-5 minutes, or until peppers reach your desired tenderness. Then add in your sliced mushrooms, along with a pinch of salt and pepper. Cook for 60 seconds, then remove from pan and set aside.
6. In that same pan again, add in 1/2 cup chicken broth, 1/2 cup milk, 1/2 Tbsp of Cajun seasoning (more or less depending on your preferred level of spiciness), 1/2 Tbsp garlic powder, and 1/2 Tbsp onion powder. Mix, and once your sauce starts to bubble, mix in your grated parmesan, and reduce the heat to low. Mix in your cooked chicken, and cooked sausage, and cook on low for 2-3 minutes.
7. When everything is done, in the pot of strained pasta, add in your chicken, sausage, bell peppers, and mushrooms. Mix everything together, taste, and add salt and pepper to preference.
8. Portion out into meal containers and enjoy!



Notes

- Cajun seasoning is pretty spicy. So if you are sensitive to spice, you may want to use lower amounts than listed above. You can always add more at the end of the cooking process if you want more heat. But you can't take it away. So be cautious. If you are concerned, start with seasoning your chicken with 1/2 tsp of Cajun seasoning and using another 1/2 tsp in your sauce. So for the whole recipe, that would only be 1 tsp of Cajun seasoning.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.