

Feta, Chicken & Spinach Farfalle

Cooking Instructions

This dish has 3 parts: Chicken, Sauce, and Pasta.

QuickThaw Chicken and Sauce: Submerge well-sealed bag/container in warm water for 15–20 minutes.

Prepare Pasta: While chicken thaws, bring a large pot of water and 1 tsp salt to a boil. Add pasta to boiling water and cook until al dente, 9–11 minutes. Reserve 1 cup of pasta water.

Chicken: Heat 1–2 Tbls of oil in large skillet over medium to medium-high heat. Add chicken and sauté until chicken is no longer pink and juices run clear, about 7–9 minutes. Using your spoon, break any large chicken chunks into bite-sized pieces. Reduce heat to medium-low and add contents of sauce container. It's OK if sauce is partially frozen! Stir until heated through, approximately 2–4 minutes. If you like it "saucier," add in reserved pasta water, a little at a time, until sauce reaches your desired consistency. Toss with prepared pasta. Check salt to see if you need to add a little more.

Internal temp: 165°F.

Serving Suggestions: Serve with a French baguette and green salad. Chardonnay.

Please Note: Cooking times are estimates and vary based on actual oven/stovetop/crockpot/instantpot used, item thickness, and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.



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