

## Chicken and Pasta in Mustard Sauce

Written by Maxx  
Saturday, 14 May 2011 22:05

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A new recipe. This one inspired by two recipes from Best recipes, the first from chelseyej, "[Garlic Mustard Sauce](#)", and the second from PetDuck, "[Chicken and Mustard Cream Sauce for Pasta](#)" with a few of my own extras like Ginger.

This came with another great compliment, "I did not really need that second helping, but could not stop myself". It took about an hour to prepare and cook, and used two saucepans and one fry pan. It will probably be enough to serve around six people with additional vegies, or four just on its own.

Ingredients.

300gm of Spirali.

1Tb finely chopped onion (The rest of the onion is coursley chopped for later)

1tp crushed Ginger.

3 boned chicken thighs, chopped to about 1cm cubes.

1Tb crushed Garlic.

1Tb Mustard.

1tp Mustard Seeds.

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300ml Cream.

1 cup Chicken Stock.

1tp Dried Parsley.

2 tp Lemon Juice.

2 to 3 Tb Parmesan Cheese.

1 Stick of Celery, sliced.

Salt and Pepper for seasoning.

Method.

1.

Cook pasta as per instructions, and set aside.

2.

Fry Chopped onion and ginger for about 2 minutes

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3.

Add chicken and fry until cooked and coloured. Add the celery, season to taste and put aside.

4.

In another large pot to hold all ingredients, add the crushed garlic, mustard and mustard seed, and cook for about 1 to 2 minutes.

5.

Add cream to the mustard and slowly bring to the boil then turn down the heat. Add the chicken stock and allow to simmer for 10 minutes. Add lemon juice at the end.

6.

Add the chicken to the mustard sauce and Simmer for a few minutes.

7.

Add the Parmesan at one Tb spoon at a time and stir into the sauce, allow to simmer until thickened.

8.

Add the Pasta and stir through.

9.

Serve with steamed carrots, green beans and garlic herb bread. White Chardonnay would be a good wine to serve with this.