

Creamy-ish Greek Chicken Pasta with Feta and Spinach (No Heavy Sauce Needed)

Greek Chicken Pasta with Feta, Lemon, and Herbs



TIME
7 min

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INGREDIENTS

12 oz pasta (penne, rotini, farfalle, or rigatoni)
1 lb boneless, skinless chicken breast or thighs, cut into bite-size pieces
2 tbsp olive oil, divided
3 cloves garlic, minced
1 tsp dried oregano (or 1 tbsp fresh, chopped)
1 tsp kosher salt, plus more for pasta water
1/2 tsp black pepper
1 pint cherry or grape tomatoes, halved
1/2 cup Kalamata olives, pitted and sliced
3 cups baby spinach (or chopped kale)
Zest and juice of 1 lemon
1/2 cup feta cheese, crumbled (plus more for topping)
1/4 cup chopped fresh parsley (or dill-highly recommended)
Optional: 1/4 tsp red pepper flakes
Optional: 2-4 tbsp reserved pasta water (to loosen and gloss the sauce)

DIRECTIONS

1. Boil the pasta. Bring a large pot of salted water to a boil. Cook pasta until al dente. Reserve 1/2 cup pasta water, then drain.
2. Season and cook the chicken. Heat 1 tbsp olive oil in a large skillet over medium-high heat. Add chicken, oregano, salt, and pepper. Cook 5-7 minutes, stirring occasionally, until browned and cooked through. Transfer to a plate.
3. Build the flavor base. Add remaining 1 tbsp olive oil to the skillet. Stir in garlic (and red pepper flakes if using) for 30 seconds until fragrant.
4. Add tomatoes and olives. Toss in cherry tomatoes and olives. Cook 2-3 minutes until tomatoes start to soften and release juices.
5. Wilt the greens. Add spinach and stir until just wilted, about 1 minute.
6. Bring it all together. Add drained pasta and cooked chicken back to the skillet. Add lemon zest and lemon juice. Toss well. If it looks a bit dry, add 2-4 tbsp reserved pasta water until it turns glossy and nicely coated.
7. Finish with feta and herbs. Remove from heat and fold in crumbled feta and fresh parsley (or dill). Taste and adjust salt, pepper, and lemon.

SWAPS & NOTES

Chicken thighs stay extra juicy, but breasts work great if you don't overcook them.

Try arugula (stir in at the end), kale (needs a couple extra

minutes), or even chopped zucchini.

Swap in capers for a similar briny kick.

Add an extra handful of feta and a splash of pasta water to make a light, tangy coating.

TIPS FOR SUCCESS

Salt your pasta water well -it's the foundation of flavor in any pasta dish.

Bite-size pieces cook fast; pull them once they're just done.

A splash turns everything silky and helps the feta cling.

It stays creamy and crumbly instead of melting into nothing.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/creamy-ish-greek-chicken-pasta-with-feta-and-spinach-no-heavy-sauce-needed/>