

# Creamy Chicken Pasta



## Ingredients:

- 200–240 g of sundried tomatoes (use both the oil and some tomatoes in the recipe)
- 680 g boneless skinless chicken breasts: (about 2 large breasts)
- 1/2 teaspoon salt:
- 1/4 teaspoon ground black pepper
- 1/2 cup all-purpose flour
- 2 tablespoons butter:
- 1 small yellow onion (diced):
- 3 cloves garlic (minced):
- 1 cup chicken broth
- 1 cup heavy cream:
- 1 teaspoon Italian seasoning:
- 1/2 cup Parmesan cheese (finely grated) (use more if desired)
- Salt and pepper to taste: Adjust as needed
- 450 g (spaghetti or other variety of pasta)



# Instructions:

## Prep work

1. Prep sundried tomatoes: Separate the sundried tomatoes from the oil with a colander. Reserve the oil for the recipe. Then measure out about 1/2 cup of the sundried tomatoes and dice them into tiny pieces. Any remaining sundried tomatoes can be used as garnish or returned to the jar with any oil that is not used.
2. Prep chicken: Place boneless skinless breasts, one at a time, in between two pieces of plastic wrap. Use a meat mallet or a heavy-duty roller to flatten to about a 1/2" to 3/4" uniform thickness. Cut any very large pieces so that you end up with 4-6 individual portion sizes. Set tenderized chicken on a plate and cover both sides with salt and pepper.
3. Dredge in flour: Add flour to a shallow dish and dredge both sides of each piece of chicken in the flour. Shake off any excess. Set flour-coated chicken on a clean dry plate and discard excess flour.
4. Boil water: Add a large pot of water to the stove and begin heating it for the pasta. For best results, add a tablespoon of salt to the water.

## Cooking

1. Brown chicken: Heat a very large cast iron skillet over medium-high heat. Add 3 Tablespoons of the reserved sundried tomato oil to the pan. When the oil is hot, add the pieces of chicken in a single layer. Allow them to cook until golden brown on the bottom. This should take 5-10 minutes for the first side and a little less time for the second side. You may have to move them around occasionally to prevent sticking. Once both sides have a crisp golden brown outside, transfer them to a plate and tent with foil to keep them warm.
2. Cook the pasta: When the chicken is just about done, add the pasta to the boiling water and it should be done right around the same time the chicken and cream sauce are done.

## Make that amazing cream sauce

1. Saute onions and garlic: Add the 2 Tablespoons of oil to the hot pan along with the diced onion. Stir to coat in the oil and then only stir occasionally to prevent burning. After about 5 minutes, add the fresh garlic, stir, and allow to cook for another couple of minutes.
2. Create sauce: Reduce heat to medium. Add the chicken stock and heavy cream to the pan. Stir with a flat bottom wooden spoon to deglaze and lift any of the brown bits that may have stuck to the bottom of the pan. Add the minced 1/2 cup of sundried tomatoes, Italian seasoning, and finely grated parmesan cheese. Stir well to combine.
3. Cook with chicken: Add cooked pieces of chicken back to the sauce. Reduce heat lowest level which will allow you to maintain a very gentle simmer. Turn chicken pieces. The recipe is ready to serve when the chicken is heated through and has reached an internal temperature of 165°F. Taste the sauce and season with salt and pepper.
4. Serve with added basil, Parmesan on top.

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