

# CREAMY CHICKEN SUNDRIED TOMATO & BASIL PASTA

INGREDIENTS	DIRECTIONS	NOTES
<p><b>Meat</b></p> <ul style="list-style-type: none"><li>1 lb Chicken breast</li></ul> <p><b>Produce</b></p> <ul style="list-style-type: none"><li>1 tbsp Basil, dried</li><li>1/4 cup Basil</li><li>3 cloves Garlic</li><li>4 oz Sun-dried tomatoes</li></ul> <p><b>Canned Goods</b></p> <ul style="list-style-type: none"><li>1/4 cup Chicken broth</li><li>1/4 cup White wine or chicken broth</li></ul> <p><b>Pasta &amp; Grains</b></p> <ul style="list-style-type: none"><li>8 oz Pasta</li></ul> <p><b>Baking &amp; Spices</b></p> <ul style="list-style-type: none"><li>1 Red pepper flakes</li><li>1 Salt and pepper</li></ul> <p><b>Oils &amp; Vinegars</b></p> <ul style="list-style-type: none"><li>1 tbsp Oil</li></ul> <p><b>Dairy</b></p> <ul style="list-style-type: none"><li>1/2 cup Heavy/whipping cream</li><li>8 oz Mozzarella, fresh</li><li>1/2 cup Parmigiano reggiano</li></ul>	<ol style="list-style-type: none"><li>1. Bring a large pot of water to a boil and start cooking the pasta as directed on the package. (The sauce should be done before the pasta is finished cooking and when the pasta is done al-dente, drain it reserving some of the cooking water.)</li><li>2. Meanwhile, heat the oil in a large pan over medium-high heat, add the chicken and cook until lightly golden brown on all sides, about 2-4 minutes per side.</li><li>3. Add the garlic, red pepper flakes and sundried tomatoes and cook until fragrant, about 30 seconds.</li><li>4. Add the wine and deglaze the pan before adding the broth and cream and bringing everything to a simmer.</li><li>5. Reduce the heat to medium-low, let the pan cool, add mozzarella, parmesan and dried basil, and stir until the cheese melts, about 3-4 minutes.</li><li>6. Remove from heat, season with salt and pepper to taste, mix in the pasta along with enough of the reserved pasta water to make a nice and creamy sauce before, adding the fresh basil.</li></ol>	<p><b>Option: For One-Pan:</b> Make this a one-pan meal by adding the pasta and 2 1/4 cups broth or water (or 1 cup of rice and 2 cups broth or water) to the sauce after step 4 and simmer, covered, until cooked, about 12 minutes (or 20 minutes for rice).</p> <p><b>Option:</b> Replace the cream with half and half for a lighter version.</p> <p><b>Option:</b> Add roasted cherry or grape tomatoes, by roasting them in a heavy bottom pan until they blister and char, about 5-7 minutes, for the contrasting juiciness and acidity.</p> <p><b>Note:</b> Mozzarella and half and half will curdle (separate and form little white bits rather than being a smooth sauce) at high temperatures so you need to reduce the heat before adding them to the pan. The heavy/whipping cream will not curdle in this sauce at the higher temperatures.</p>

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