



PAN-SEARED CHICKEN

with Rigatoni, Broccoli and Parmesan

FAMILY



HELLO BROCCOLI

This vibrant green vegetable is a part of the Brassica family!

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 818



Chicken Breasts



Rigatoni



Broccoli, florets



Onion, chopped



Garlic



Parmesan Cheese



Cream Cheese



Chicken Demi-Glace



Thyme

BUST OUT

- Large Non-Stick Pan
- Paper Towel
- Large Pot
- Strainer
- Garlic Press
- Whisk
- Measuring Spoons
- Salt and Pepper
- Measuring Cups
- Olive or Canola oil

INGREDIENTS

4-person

- Chicken Breasts 680 g
- Rigatoni 1 340 g
- Broccoli, florets 227 g
- Onion, chopped 113 g
- Garlic 12 g
- Parmesan Cheese 2 ½ cup
- Cream Cheese 2 4 tbsp
- Chicken Demi-Glace 2,9 2
- Thyme 10 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

When cooking the pasta, starch is released into the water; the starchy pasta water helps to thicken this sauce, without adding extra ingredients.



1 PREP Wash and dry all produce.* In a large pot, add **12 cups water** and **2 tsp salt**. Cover and bring to a boil over high heat. Meanwhile, cut any large **broccoli florets** into bite-size pieces. Strip **2 tbsp thyme leaves** off the stems. Peel, then mince or grate the **garlic**.



4 DRAIN PASTA Meanwhile, when the **rigatoni** is almost tender, add the **broccoli** to the same pot. Blanch, until the **broccoli** is brighter in colour, 1-2 min. Reserve **1 cup pasta water**, then drain the **rigatoni** and **broccoli**. Return to the same pot, then set aside.



2 COOK PASTA Meanwhile, add the **rigatoni** to the large pot with the **boiling water**. Cook, uncovered, stirring occasionally, until the **rigatoni** is almost tender, 11-12 min. (**NOTE:** You will finish cooking the rigatoni in Step 4 with the broccoli!)



5 MAKE SAUCE When the **chicken** is done, add **onions, thyme** and **garlic** to the pan. Cook, stirring often, until the **onions** soften, 3-4 min. Remove the pan from heat. Add the **chicken mixture** to the pot with the **rigatoni** and **broccoli**. Set aside. Heat the same pan over medium heat. When the pan is hot, add the **reserved pasta water, cream cheese** and **demi-glace**. Whisk together until thickened, 1-2 min.



3 COOK CHICKEN Meanwhile, pat the **chicken** dry with paper towels, then cut each **breast** into 1-inch cubes. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then the **chicken**. Cook, stirring occasionally, until golden and cooked through, 7-8 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**)



6 FINISH AND SERVE Add **sauce** and **half the Parmesan** to the pot with the **rigatoni**. Heat the pot over low heat. Stir together until **chicken** is coated and warmed through, 2 min. Divide **pasta** between bowls. Sprinkle over the **remaining Parmesan**.

DOUBLE DUTY

Salty, starchy pasta water adds flavour and thickness to this sauce!