



More than Food

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Pan-Seared Chicken & Orecchiette Primavera

with Parmesan Cream Sauce & Spring Veggies

Primavera is Italian for Spring, so naturally we've loaded up this pasta with plenty of spring veggies! We think orecchiette is the perfect vehicle for a creamy, cheesy sauce like this one. Spiced up with a little chili pepper heat, this pasta is bound to please!

Prep 30 min

level 2

nut free



Chicken Breasts



Orecchiette



Asparagus



Parmesan Cheese



Onion



Sour Cream



Garlic



Parsley



Chili Flakes




Broccoli



Red Bell Pepper

Ingredients

	2 People	4 People
Chicken Breasts	2	4
Orecchiette	1 pkg	2 pkgs
Asparagus, chopped	1 pkg	2 pkgs
Sour Cream	1	2
Broccoli Florets	1 pkg	2 pkgs
Onion, chopped	1 pkg	2 pkgs
Garlic	2 cloves	4 cloves
Parmesan Cheese	1 pkg	2 pkgs
Parsley	1 pkg	2 pkgs
Bell Pepper, chopped	1 pkg	2 pkgs
Chili Flakes 	1 pkg	1 pkg
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait

Tools

Large Pot, Slotted Spoon, Large Bowl, Strainer, Large Pan

Nutrition per person Calories: 808 cal | Carbs: 90 g | Fat: 22 g | Protein: 61 g | Fiber: 9 g

Produced in a facility that also processes mustard, peanuts, sesame, sulphites, tree nuts and wheat.

Ruler

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1



1 Wash and dry all produce. Prep: Bring a large pot of **water** to a boil with a large pinch of **salt**. Mince or grate the **garlic**. Finely chop the **parsley**.

2



2 Blanche the vegetables: Fill a large bowl with **ice water**. Add the broccoli to the **boiling water** for 4-5 minutes, until bright green and crisp-tender. Remove from water with a slotted spoon and reserve in the ice bath. Add the **asparagus** to the boiling water for 2-3 minutes, until bright green and crisp-tender. Reserve in the ice-bath with the **broccoli**. (**TIP:** Keep the water boiling on the stove for the pasta later!)

5



3 Cook the chicken: Heat a drizzle of **oil** in a large pan over medium heat. Season the **chicken** with **salt** and **pepper**. Add the **chicken** to the pan and cook 4-5 minutes per side, until the juices run clear when pierced. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.) Transfer to a plate.

6



4 Cook the pasta: Add the **orecchiette** to the **boiling water** and cook for 9-10 minutes, until al dente. Reserve **1/2 cup pasta water** (or **1 cup** for 4 people), then drain.

5 Cook the vegetables: Meanwhile, heat a drizzle of **oil** in the same pan over medium heat. Add the **onion** and **bell pepper** and cook for 6-8 minutes, tossing, until softened. Add the **garlic** and a pinch of **chili flakes** (or more if you like!) and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.

6 Assemble: Thinly slice the **chicken**, then add it to the pan along with the **pasta**, **broccoli**, **asparagus**, **sour cream**, **half the Parmesan**, **half the parsley**, and a splash of **pasta water** to make it creamy. Toss to combine. Season with **salt** and **pepper** to taste. Serve sprinkled with **remaining parsley** and **Parmesan** and enjoy!