



ROMAN-STYLE CHICKEN PASTA

with Tomatoes and Bell Peppers

FAMILY



HELLO DITALINI

This tiny tubed shaped pasta is perfect for soaking up all the rich tomato sauce!

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 818



Chicken Breasts



Yellow Bell Pepper



Shallot



Parsley



Garlic



Balsamic Vinegar



Diced Tomatoes



Chicken Broth Concentrate



Parmesan Cheese



Ditalini Pasta



Green Olives

BUST OUT

- Large Non-Stick Pan
- Paper Towel
- Large Pot
- Strainer
- Measuring Cups
- Sugar (1 tsp)
- Measuring Spoons
- Salt and Pepper
- Garlic Press
- Olive or Canola oil

INGREDIENTS

4-person

- Chicken Breasts 680 g
- Yellow Bell Pepper 160 g
- Shallot 50 g
- Parsley 10 g
- Garlic 12 g
- Balsamic Vinegar 9 2 tbsp
- Diced Tomatoes 1 can
- Chicken Broth Concentrate 1
- Parmesan Cheese 2 ¼ cup
- Ditalini Pasta 1,3 170 g
- Green Olives 30 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 soja, 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; that 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, core, then cut the **peppers** into ½-inch cubes. Roughly chop the **parsley**. Peel, then mince or grate the **garlic**. Peel, then thinly slice the **shallot** into ¼-inch slices. Roughly chop the **olives**.



4 COOK VEGGIES Transfer **chicken** to a plate and set aside. Using the same pan, add **1 tbsp oil** to the pan, then **peppers, shallots, and garlic**. Cook, stirring occasionally, until **peppers** are tender-crisp, 3-4 min. Add **vinegar, broth concentrate, reserved pasta water, diced tomatoes** and **1 tsp sugar**. Cook, stirring occasionally, until **sauce** slightly thickens, 4-5 min.



2 COOK DITALINI Add the **ditalini** to the large pot with the **boiling water**. Cook, uncovered, stirring occasionally, until tender, 10-12 min. When the **ditalini** is done, reserve **½ cup pasta water** and drain. Meanwhile, pat the **chicken** dry with paper towel, then cut into 1-inch pieces. Season with **salt** and **pepper**.



5 FINISH SAUCE Add the **ditalini, chicken** and **half the parsley** to the pan with the **sauce**. Stir together until warmed through, 2 min. Season with **salt** and **pepper**.



3 COOK CHICKEN Heat a large non-stick pan over medium high heat. When pan is hot, add **1 tbsp oil**, then the **chicken**. Cook, until the **chicken** is golden-brown and cooked through, 6-7 min. (**TIP:** Cook each piece to a min. internal temp. of 74°C/165°F, as size may vary.**) (**TIP:** Don't overcrowd pan; cook chicken in batches, using 1 tbsp oil for each batch, if needed!)



6 FINISH AND SERVE Divide the **ditalini pasta** between bowls and top with the **olives**. Sprinkle over the **Parmesan** and **remaining parsley**.

RUSTIC

This rustic Roman-Style "one pot wonder" works great with chicken thighs too!