

Home Cooking



Pantry Pasta with Chicken, Oven Roasted Tomato, Roasted Red Pepper and Almond cream

This casual around-the-counter dinner is indulgent but worth every calorie. An ideal pantry pasta, these are simple ingredients cooks typically have on hand. Add dried or fresh mushrooms or olives or whatever inspires you from your pantry.

Serves 4-6. Active prep time: 20 minutes

Ingredients:

- 2 tbsp butter
- 1 tbsp olive oil
- 4 boneless chicken breasts, cut crosswise into 1/2" strips
- Salt and pepper to taste
- 2 shallots, minced (about 2 cup, 50 mL)
- 1/2 cup sundried tomatoes, drained and chopped (or 8 plum tomatoes halved and roasted 20 min at 450°F, 230°C)
- 1/2 cup roasted red peppers, chopped
- 1/4 cup ground almonds (optional)
- 1/2 cup white wine
- 2/3 cup whip cream
- 1/2 cup almond milk or to desired consistency and taste
- 1/4 cup fresh basil, chiffonade *(rolled and cut into ribbons)
- 1 lb spaghetti

Method:

Bring a large pot of salted water to the boil.

Meanwhile, melt butter and oil in a large sauté pan over medium high heat. Season then brown chicken until light golden and just cooked through about 5 minutes; transfer to a plate.

Add shallots to pan and sauté 1 minute. Add sundried tomatoes, red pepper and ground almonds. Deglaze pan with wine until just evaporated. Add cream and almond milk, bring to



a boil, stir until sauce thickens about 4 minutes. Add basil. Return chicken to the pan and simmer until just heated through.

Cook pasta al dente. Drain, reserve about 1 cup (235 mL) pasta water. Add pasta into sauce and use pasta water if necessary for desired consistency.

Garnish with toasted slivered almonds. Serve immediately.

Kitchen Notes:

Oven roasted tomatoes can be a substitute or addition to this pasta or your favourite pasta, pizza, risotto or salad. Slice plum, roma or campari tomatoes lengthwise, place on cookie sheet, drizzle with olive oil, salt and pepper and roast at 450°F (230°C) for 20 minutes. Towards the end, drizzle with balsamic vinegar if serving on top of greens.

Nutritional analysis per serving:

Calories: 662 kcal, Fiber 5.1 g, Total Fat: 27g, Cholesterol: 85, Saturated Fat: 8.8 g, Sodium: 469 mg, Monounsaturated Fat: 12.3 g, Calcium: 109 mg, Polyunsaturated Fat: 4.1 g, Magnesium: 128 mg, Protein: 33 g, Potassium: 661 mg, Carbohydrates: 67 g, Vitamin E: 6.5 mg*, * Total alpha tocopherol equivalents

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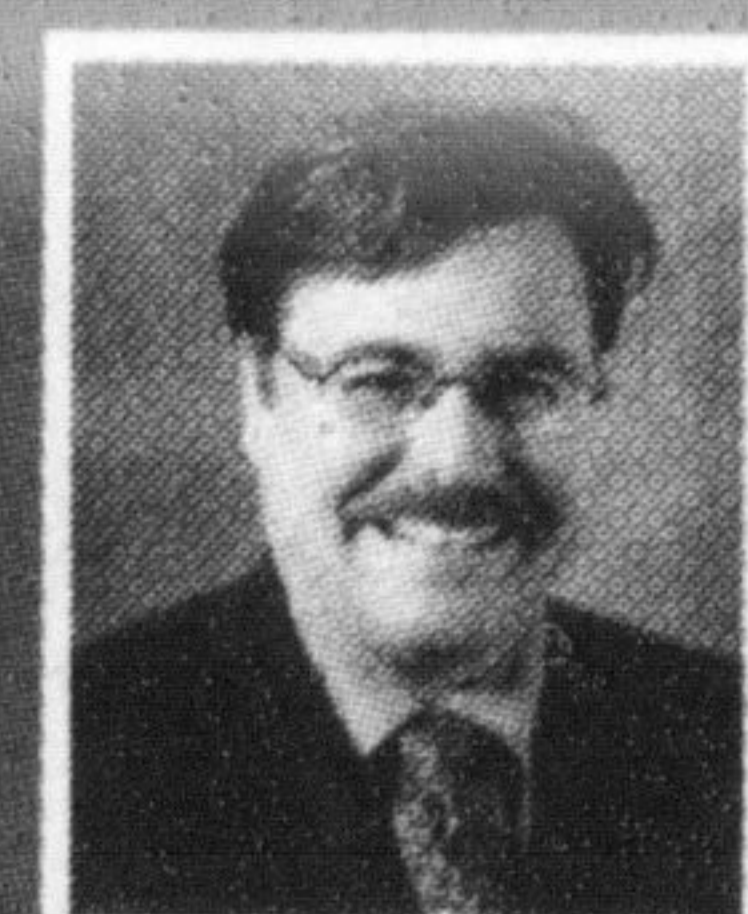
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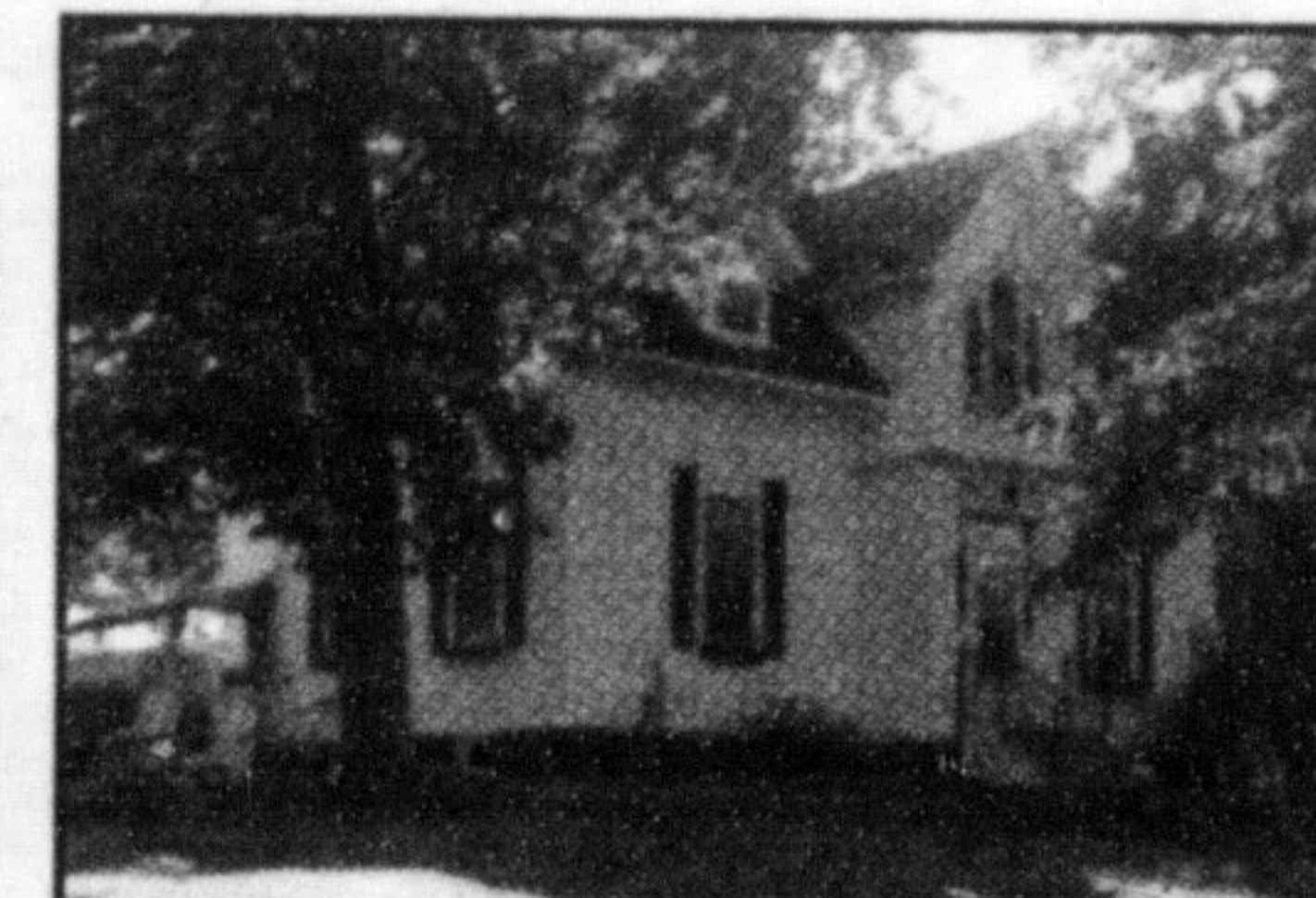


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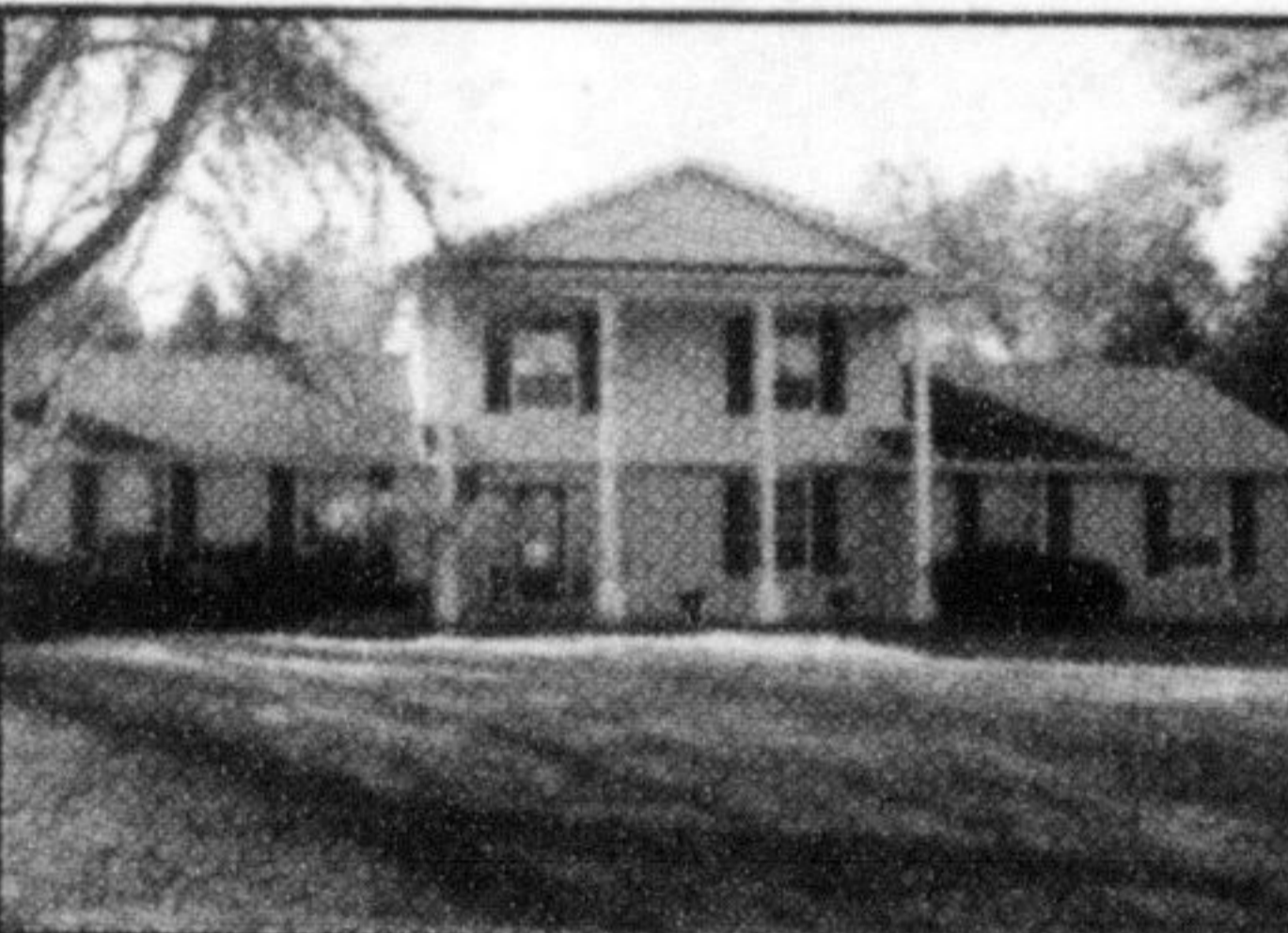
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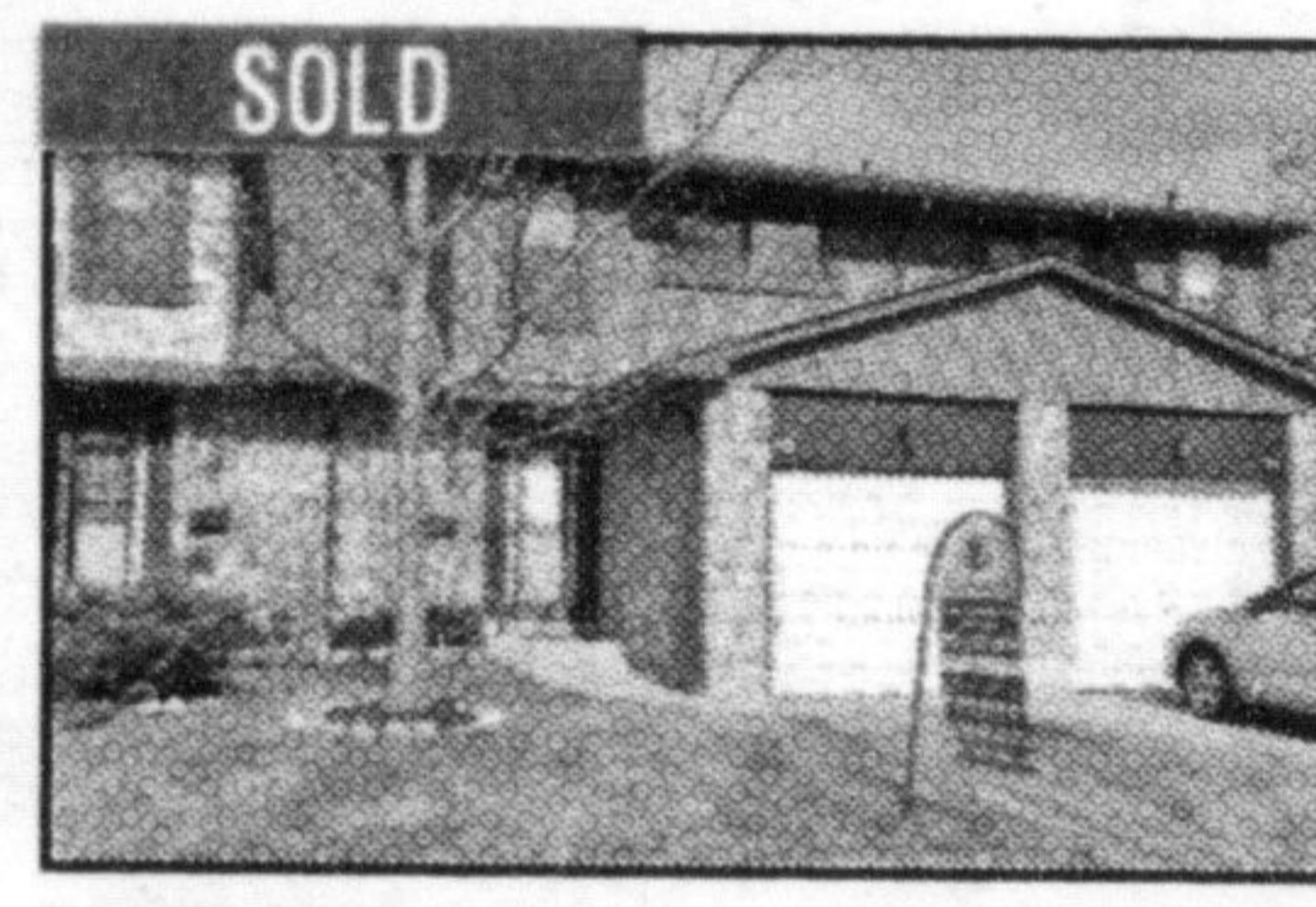
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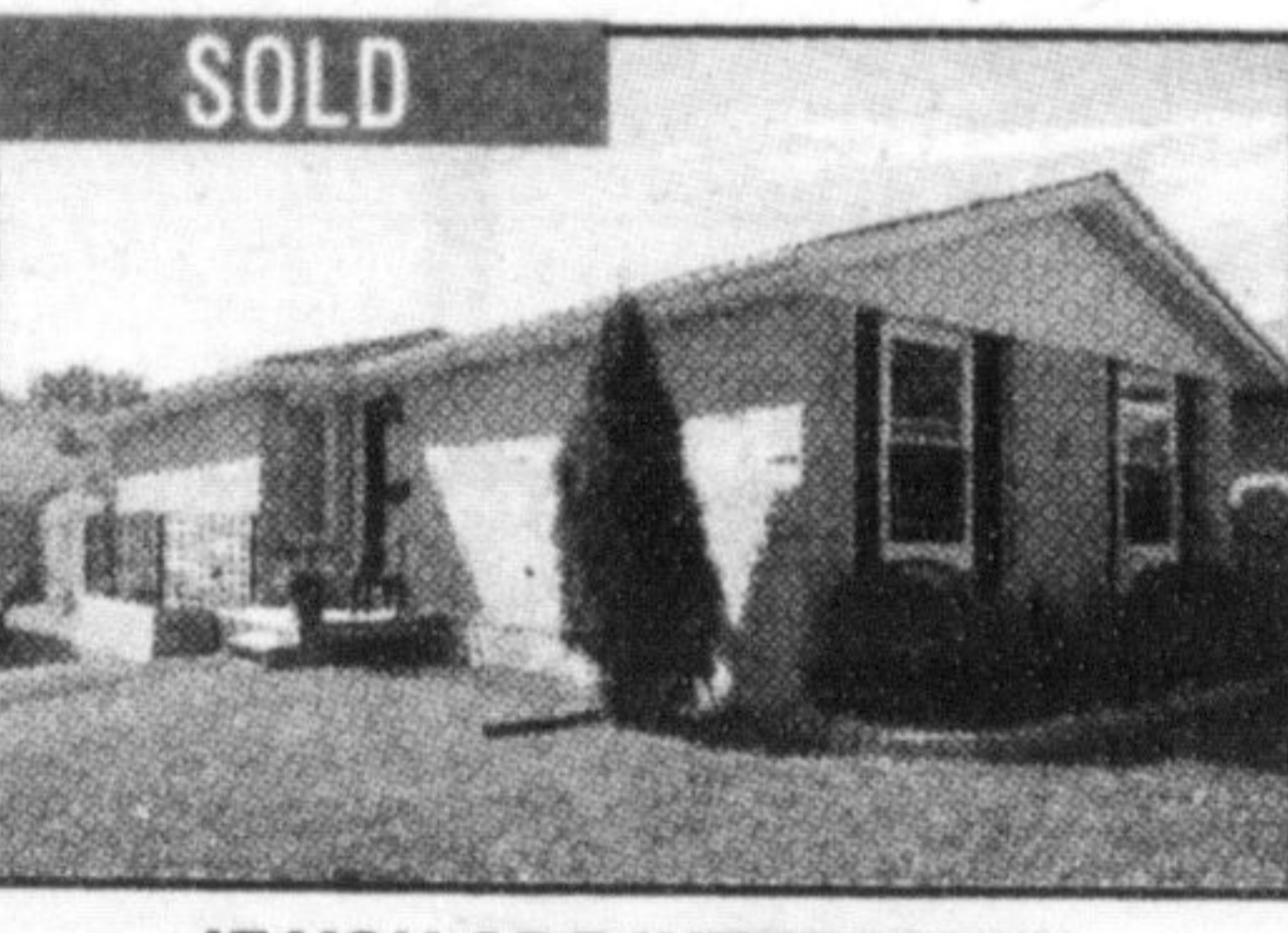
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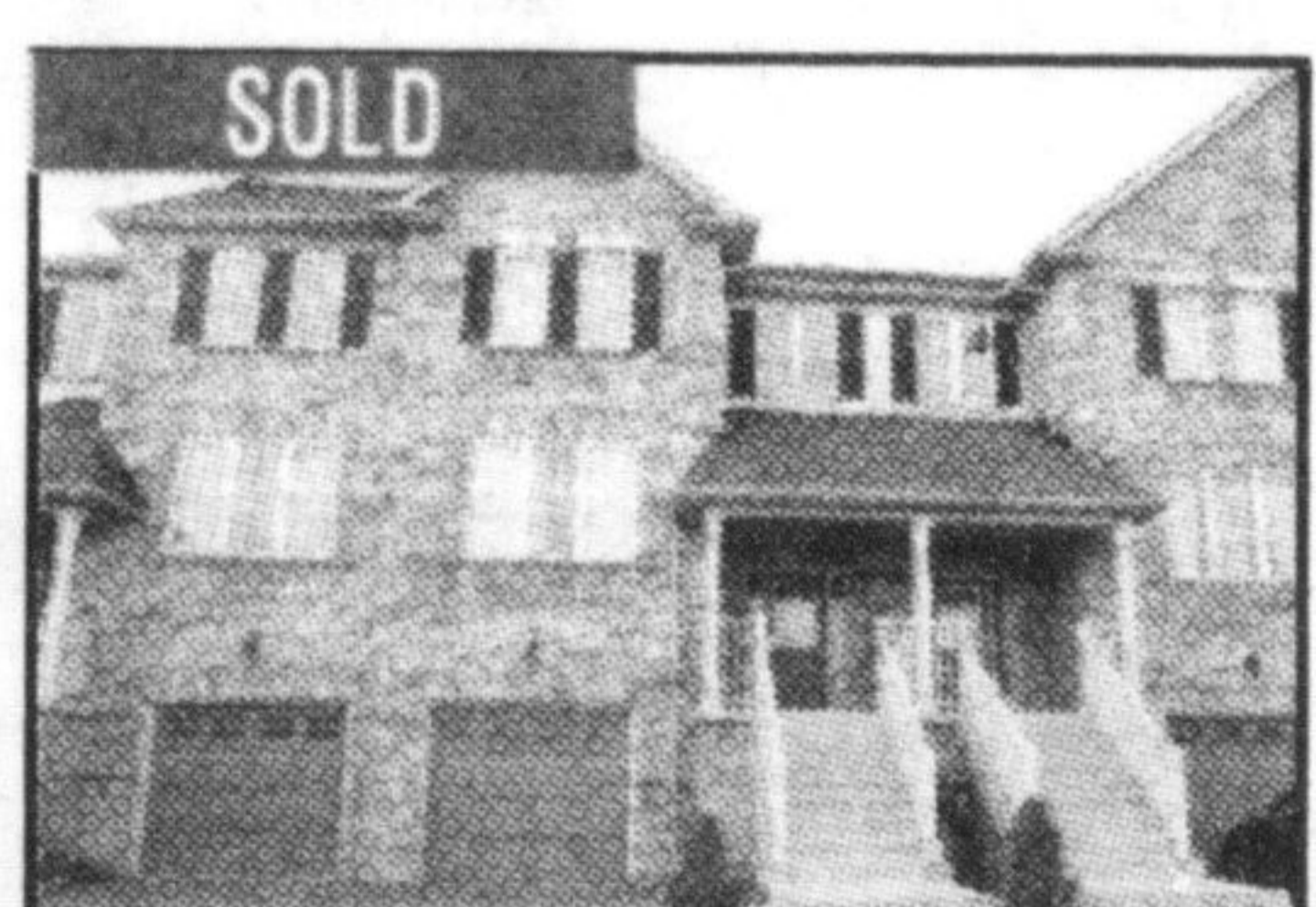
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