



More than Food

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Pan-Seared Chicken and Orecchiette

with Caramelized Bell Pepper, Broccoli, and Parmesan Cream Sauce

We think *orecchiette* (“small ears” in Italian!) make the perfect vehicle for a creamy, cheesy sauce like this one. To offset all that richness, we’ve loaded up this dish with plenty of veggies. Spiced up with a little chili pepper heat, this pasta is bound to please!



35 min



level 1



nut free



Chicken Breasts



Broccoli



Onion



Garlic



Orecchiette



Parsley



Parmesan



Sour Cream



Red Bell Pepper




Red Chili Flakes

Ingredients

4 People

*Not Included

Chicken Breasts		24 oz
Broccoli		16 oz
Onion		1
Garlic		4 cloves
Orecchiette	1)	12 oz
Parsley		½ oz
Parmesan	2)	2 oz
Sour Cream	2)	4 oz
Red Bell Peppers		2
Red Chili Flakes		2 t
Olive Oil*		2 T

Allergens

- 1) Wheat
- 2) Milk

Tools

Large Pot, Large Pan,
Large Bowl, Strainer

Nutrition per person Calories: 764 cal | Carbs: 83 g | Fat: 21 g | Protein: 62 g | Fiber: 8 g | Sodium: 344 mg

Make sure to wash and dry produce before prepping or cooking!



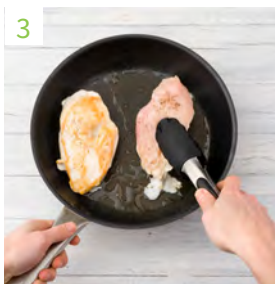
1

1 Prep the ingredients: Bring a large pot of **water** with a large pinch of **salt** to a boil. Meanwhile, halve, peel, and dice the **onion**. Core, seed, and remove the ribs from the **bell pepper**, then thinly slice. Mince or grate the **garlic**. Finely chop the **parsley**.



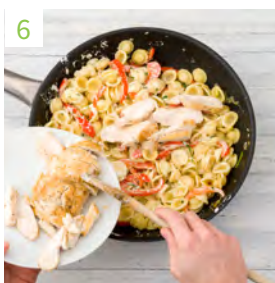
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2 Blanch the broccoli: Fill a large bowl with **ice water**. Add the **broccoli** to the boiling water for 1-2 minutes. Remove from the water with a slotted spoon and reserve in the ice bath. Keep the boiling water on the stove.



3

3 Cook the chicken: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season the **chicken** on both sides with **salt** and **pepper**. Add the **chicken** to the pan and cook for 4-5 minutes per side, until cooked through. Set aside.



6

4 Cook the pasta: Add the **pasta** to the boiling water and cook for 9-10 minutes, until al dente. Drain, reserving **½ cup pasta water**.

5 Cook the vegetables: Meanwhile, heat a drizzle of **olive oil** in the same pan over medium heat. Add the **onion** and **bell pepper** and cook for 6-8 minutes, tossing, until soft. Add the **garlic** and **red chili flakes** (to taste, start with a little and go up from there!) and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.

6 Make the sauce: Thinly slice the **chicken**, then add to the pan along with the **pasta**, **sour cream**, **Parmesan**, **broccoli**, **half the parsley**, a drizzle of **olive oil**, and a splash of **pasta water**. Toss to combine, then season to taste with **salt** and **pepper**.

7 Finish: Serve sprinkled with **remaining parsley** and enjoy!

Ruler

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