

Ingrediënten

Chicken and Broccoli Pasta

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 4

Ingredients:

2 chicken breasts, boneless, skinless

2 tablespoons butter

16 ounces pipe rigate pasta (or your favorite pasta)

2 cups broccoli florets

1 medium onion, diced

2 cloves garlic, minced

2½ cups milk

2 cups vegetable broth

¼ cup all-purpose flour

1 teaspoon Slap Ya Mama® seasoning

1 teaspoon black pepper

1 teaspoon garlic powder

½ teaspoon smoked paprika

½ teaspoon red pepper flakes

2 cups sharp cheddar cheese

3-ounce bag sun-dried tomatoes, coarsely chopped



Chicken & Broccoli Pasta



4



15 Min



340

- 2 chicken breasts, boneless, skinless
- 2 tablespoons butter
- 16 ounces pipe rigate pasta (or your favorite pasta)

Recept

In a large pot, cook pasta according to package instructions for al dente. Add broccoli to the pasta in the last three minutes of cooking. Drain and return to the pan. Add chopped dried tomatoes.

In a large skillet or frying pan, melt butter over medium heat.

Add chicken, onions, seasonings, and red pepper flakes to the pan and cook until the chicken is thoroughly cooked and onions are tender.

Sprinkle flour over the chicken mixture, stir, and cook for an additional 1-2 minutes.

Pour milk and chicken broth into the skillet, stir, and bring to a boil over medium heat.

Once the sauce has thickened slightly, add cheese and stir until combined.

Pour the sauce mixture into the pasta and broccoli. Stir to combine.

Enjoy with a side salad or crusty bread with butter or garlic bread. Bon appétit! 🍴

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RecipeStep

4 april om 18:20 · 🌐

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Info Martine Lycke

06/04/2024

Spirelli garen

Broccoli stomen (5 tal minuten microgolf in glazen kom + water + afgedekt)

Zongedroogde tomaten

Kip gebakken

Bechamel (TM 533) + peterselie + koreaanse sauzen (rood / bruin)

Kruiden: Furikake (AH)

Fotos

