



PAN-SEARED CHICKEN ELICOIDALI

with Asparagus and Parmesan

PRONTO



HELLO

ELICOIDALI

The characteristic ridges on this tube pasta allows the sauce to cling to the pasta

PREP: 10 MIN

TOTAL: 30 MIN

CALORIES: 724



Chicken Breasts



Elicoidali



Asparagus



Onion, chopped



Garlic



Parmesan Cheese, shredded



Cream Cheese



Chicken Demi-Glace



Thyme

BUST OUT

- Large Non-Stick Pan
- Measuring Cups
- Large Pot
- Paper Towel
- Garlic Press
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chicken Breasts 340 g | 680 g
- Elicoidali 1 170 g | 340 g
- Asparagus 170 g | 340 g
- Onion, chopped 56 g | 113 g
- Garlic 10 g | 20 g
- Parmesan Cheese, shredded 2 ¼ cup | ½ cup
- Cream Cheese 2 2 tbsp | 4 tbsp
- Chicken Demi-Glace 2,9 1 | 2
- Thyme 10 g | 10 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 soya, 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; the starchy pasta water helps to thicken this sauce, without adding extra ingredients.



1 PREP Wash and dry all produce.* Bring a large pot of **salted water** to a boil. Trim and discard the bottom 1-inch from the **asparagus**, then cut into 1-inch pieces. Strip **1 tbsp thyme leaves** (double for 4 ppl) off the stems. Mince or grate the **garlic**.



4 DRAIN PASTA Meanwhile, when the **elicoidali** is finished cooking, reserve **½ cup pasta water** (double for 4 ppl), then drain. Set aside. When the **chicken** is finished cooking, transfer to a plate and set aside.



2 COOK ELICOIDALI Add the **elicoidali** to the large pot with the boiling water and cook until tender, 11-12 min.



5 MAKE SAUCE Add another drizzle of **oil** to the same pan, then the **onion, asparagus, thyme** and **garlic**. Cook, stirring occasionally, until the asparagus is tender-crisp, 4-5 min. Add the **demi-glace, cream cheese** and **reserved pasta water**. Stir until the cream cheese melts, 2-3 min.



3 COOK CHICKEN Meanwhile, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then chicken. Cook until bottom is golden, 6-7 min. **Flip** the chicken over. Cover and cook until chicken is cooked through, 6-7 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**)



6 FINISH AND SERVE Thinly slice the **chicken**. Add the chicken, **elicoidali** and **half the Parmesan** to the pan. Stir together. Season with **salt** and **pepper**. Divide the **pasta** between bowls and sprinkle with the **remaining** Parmesan.

DOUBLE DUTY

Salty, starchy pasta water adds flavour and thickness to this sauce!