

One-Skillet Pasta with Chicken & Broccoli

SERVES 4 TO 6



INGREDIENTS

- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 4 tablespoons unsalted butter
- 1 medium onion, minced (about 1 cup)
- 6 medium cloves garlic, minced or pressed through a garlic press (about 2 tablespoons)★
- 1 tablespoon finely chopped fresh thyme leaves
- 1/8 teaspoon red pepper flakes
- 2 teaspoons flour
- 1/2 cup dry white wine
- 8 ounces penne pasta (2 1/2 cups)★
- 2 cups low-sodium chicken broth
- 1/2 cup whole milk
- 1 bunch broccoli (1 1/2 pounds), stems discarded and florets cut into 1-inch pieces (about 4 cups)
- 1 jar oil-packed sun-dried tomatoes (7 to 8 1/2 ounces), rinsed, patted dry, and cut into 1/4-inch strips (about 1 cup)
- 1 tablespoon minced fresh parsley leaves
- 1 ounce grated Parmesan cheese (1/2 cup), plus extra for serving
- 1 tablespoon fresh lemon juice
- Kosher salt & pepper

FIRST

Pat the chicken dry and season with salt and pepper. Melt 1 tablespoon of the butter in a 12-inch skillet (with a lid) over medium-high heat. Add the chicken in a single layer and cook for 1 minute without stirring. Stir the chicken and continue to cook until it is lightly browned but not fully cooked, about 3 minutes. Transfer the chicken to a clean bowl and set aside.

NEXT

Melt another tablespoon of butter in the skillet. Add the onion and season with kosher salt. Return the skillet to medium-high heat and cook, stirring often, until the onion is softened, 2 to 5 minutes. Stir in the garlic, thyme, and pepper flakes, and cook until fragrant, about 30 seconds. Add flour and cook for 1 minute; then add the wine. Scrape up any brown bits from the pan and cook for 2 to 3 minutes.

Add the pasta, broth and milk. Cover and bring to a simmer, about 2 minutes. Reduce the heat to medium-low and stir in broccoli. Cover and continue to simmer, stirring occasionally, until the pasta begins to soften and the broccoli turns bright green, about 8 minutes.

LAST

Add the sun-dried tomatoes, chicken and any accumulated juices. Cover and continue to simmer until the chicken is cooked through, about 3 minutes longer. Test to make sure the pasta is tender.

Stir in remaining 2 tablespoons butter, parsley, Parmesan cheese and lemon juice. Season with salt & pepper to taste. Serve with additional Parmesan.

★ J. NOELLE NOTES

If you're using Angelic Organics garlic, you'll only need 3 of the giant cloves.

You could also use other, similar-sized pasta – such as ziti, farfalle or fusilli – in place of penne as long as it is small enough to cook all the way through in the skillet.