

Chicken Spaghettini with Broccoli, Pine Nuts and Sun Dried Tomatoes

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 30 minutes

Chef's Notes

It's also possible to use sun dried tomatoes in oil. If so I use the oil from the tomatoes to do the cooking of the chicken and keep the heat down a bit more. They don't need to be soaked in this case but the rest of the recipe remains the same.

Step 1: Start the pasta water

- At least 4 quarts cold water
- salt

Start by bring a large pot of cold water to the boil for the pasta. Add a generous amount of salt. The water should taste somewhat salty.

Step 2: Roast the pine nuts

- 1/2 cup pine nuts

toast pine nuts either in a small frying pan on the stove shaking constantly or in the oven as described in the drill-down

Step 3: Prepare mise en place

- 1 cup sun dried tomatoes
- 6 medium chicken thighs
- 2 cloves garlic
- Large pinch red chilli flakes
- 3 cups broccoli
- 2/3 cups parmesan cheese
- 3 tablespoons fresh basil
- Salt and pepper to taste

Pour 1 cup boiling water over the sun dried tomatoes in a bowl and let soak.

Bone chicken thighs and slice into thin strips. Save bones for future stock. Crush and coursey chop the garlic and add it and the crushed chilis to the chicken and set aside.

Cut broccoli into small florets and set aside.

Grate Parmesan and cut basil into a fine chiffonade and mix together with the salt and pepper.

Once the dried tomatooes are soft cut them into stips that match the size the chicken was cut into. This helps give the dish a nice uniform look. Set the tomatoes aside.

Step 4: Cook the sauce

- 2 tbsp grapeseed or other high heat neutral oil

Meanwhile, heat the pan over medium high heat until it is ready by the water test, add the oil and turn down to medium heat.

Once the oil is heated add the chicken garlic, and chilli mixture. Do this in portions in order to not let the pan cool to quickly. Saute until the chicken is almost cooked through and the garlic is soft, about 2 minutes.

Add the sun dried tomatoes and asnd continue sauteing for another minute or so until the chicken is cooked through.

Turn heat off and let stand until the pasta and broccoli are done.

Step 5: Cook the pasta and broccoli

- 1 pound spaghetinni

Once the water is boiling, add the pasta as described in the drill-down and cook, testing the pasta every couple of minutes until the white ring is about half way through the pasta (about 4 minutes). Add the broccoli and continue cooking until the pasta is al dente. Drain the pasta and place in a large bowl.

Step 6: Finishing

- 1/4 cup extra-virgin olive oil

Toss the chicken mixture with the pasta and broccoli until will mixed. Drizzle the olive oil over top and toss again. Sprinkle the pine nuts and basil over top and serve immediately on warmed plates.