

## Quick Steps

# Tuscan Chicken Pasta



Prep Time	Cook Time	Total Time
	1 hr	1 hr

Servings: 4

## Ingredients

- 1 Large or 2 Small Chicken Breasts
- 1/4 Cup of Flour + 3 Tablespoons
- 5 Tbsp Olive Oil
- 2 Tbsp Butter
- 1 Cup Chicken Stock
- 2 Cups Half-n-half
- 1/2 Cup chopped Sundried Tomatoes
- 8 oz Penne Pasta
- 10 oz Fresh Spinach
- Salt and Pepper
- 1/4 Cup Grated Parmesan

## Instructions

1. Thinly slice chicken into bite size pieces
2. Mix 1/4 cup of flour and 1/2 tsp of salt
3. Coat thinly sliced chicken in flour and salt mixture
4. Sauté in Olive Oil
5. Cook Pasta per package instructions, reserving 1 cup of pasta water before draining
6. Heat butter and 1 tbsp of olive oil in a sauté pan, stir in 3 tbsp of flour, cook for a couple minutes
7. Slowly pour in chicken broth and half-n-half while continually stirring
8. Cook until sauce thickens then add chopped sundried tomatoes, salt and pepper to taste
9. Add pasta to sauce and cook for 5 more minutes, adding small amounts of pasta water as needed to thin out the sauce if it gets too thick
10. Add chicken and spinach, toss in sauce
11. Sprinkle with parmesan and season with additional salt and pepper if needed