

Gluten Free Habit

PASTA MILANO WITH CHICKEN (gluten free)



This is one of my all-time favorite pasta dishes. Everything is so flavorful and the chicken is so tender...love, love, love this! I know there are many ingredients but I promise it's well worth it!

INGREDIENTS:

For the Chicken:

A few Tbsp. olive oil
1 tsp. garlic powder
½ tsp. salt
1 tsp. black pepper
4 boneless, skinless chicken breasts
½ cup gluten free flour mix
½ cup milk

For the Cream Sauce:

1 head of garlic, roasted and mashed
4 Tbsp. butter
1 cup chicken broth
½ tsp. red pepper flakes
½ tsp. ground black pepper
1 small jar sun-dried tomatoes
1 quart heavy cream

2 Tbsp. fresh basil, chopped
1 bunch green onion, chopped (about ½ cup)
½ tsp. salt

Other:

12 oz. gluten free pasta (I like penne or bowtie for this recipe, but pick your favorite)
Parmesan cheese to top

GETTING READY:

1. Roast the garlic, then mash it up a little until creamy
2. Drain and finely chop sun-dried tomatoes
3. Finely chop basil and green onion
4. Trim fat off chicken. Wash and pat dry.
5. Pound chicken until even (about ½ in. thick)
6. In wide bowl, mix together GF flour mix, garlic powder, salt, and pepper.
7. Pour ½ cup milk into a second wide bowl for dipping chicken.
8. Dip each piece of chicken into milk, and dredge through flour mix to coat. Set coated chicken on separate plate.
9. When all chicken pieces are prepared, refrigerate as you are preparing the rest of the recipe.
10. Put a large pot of water on to boil for the pasta.

LET'S GET STARTED:

Step 1 - Sauce

1. In large saucepan over low heat, melt butter, add garlic, stir, and cook for 30 seconds.
2. Add tomatoes, red pepper, black pepper, salt, and chicken broth. Stir.
3. Increase heat to medium. Bring to boil.
4. Reduce heat and simmer uncovered until tomatoes are tender (about 7 minutes).
5. Add cream and bring to a simmer, stirring.
6. Reduce heat to low. Add basil and green onion.

7. Simmer on low until sauce thickens slightly, as you start Step 2.
8. After simmering 5 minutes or so, if your sauce is not as thick as you would like, you can add a little cornstarch slurry as a thickener.

Step 2 – Pasta

1. Put pasta into boiling water and cook just until al dente
2. Drain when done
3. As pasta is cooking, move to Step 3

Step 3 – Chicken

1. In a large skillet, warm the oil over medium heat.
2. Cook chicken until golden brown, fully cooked, and there is no pink remaining inside (about 7 minutes each side, but this depends on thickness of chicken).
3. Transfer to cutting board, slice each piece into 5-7 strips.

Step 4 – Serve!

1. Gently stir drained pasta into cream sauce when sauce has thickened, and then transfer to serving dish.
2. Lay sliced chicken on top of pasta and finish with freshly grated parmesan cheese.