



Skillet Pasta with Chicken and Broccoli

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Serves 4 | Serving Size: 1 cup

Ingredients

- 2 Tablespoon of olive oil
- 1 lb of boneless, skinless chicken breasts (or thighs)
- 5 cloves of minced garlic
- ¼ teaspoon of red pepper flakes (optional)
- 8 oz of pasta
- 4 cups of chicken broth
- 1 lb of broccoli
- ½ cup of grated Parmesan cheese
- Ground pepper, to taste
- ½ teaspoon kosher salt

Instructions

1. Heat the oil in a large skillet over MEDIUM-HIGH heat until its shimmering.
2. Add the chicken and cook without moving until browned on one side (3-4 minutes). Turn over and cook for another minute.
3. Transfer the chicken to a bowl and set aside.
4. Stir in the garlic and pepper flakes, to the skillet and cook, stirring often (about 30 seconds).
5. Add the pasta and the broth, increase heat to HIGH.
6. Bring to a boil over high heat and cook, until a thick sauce forms (about 12 minutes). Stir often.
7. Mix in the broccoli.
8. Cover, reduce the heat to MEDIUM, and cook until the broccoli turns bright green and is tender (3-5 minutes).
9. While the broccoli cooks, cut the chicken into bite-sized pieces.
10. Uncover the skillet and stir in the Parmesan and chicken.
11. Simmer, stirring, until the chicken is cooked through (1-2 minutes).
12. Season with pepper to taste and up to 1/2 tsp. of salt.



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