



GRILLED CHICKEN PENNE

INGREDIENTS

- 1½ lb boneless skinless chicken breasts grilled, julienned
- 1¾ lb penne pasta cooked al dente
- 20 ea quartered artichoke hearts
- 8 oz arugula
- 4 oz julienne red bell pepper
- 4 oz julienne yellow bell pepper
- 0.4 oz minced garlic
- 2 oz minced peeled shallots
- 0.4 oz kosher salt
- 0.4 oz ground black pepper
- 2¾ lb SEE RECIPE - ROASTED TOMATO CREAM SAUCE



Method For Chicken:

1. Marinate your chicken breast with olive oil and fresh herbs, preferably fresh thyme and rosemary, for two hours.
2. Grill chicken breast and hold in oven to keep warm.

Method For Pasta:

1. Heat sauté pan to medium high heat and add one tablespoon of olive oil, add peppers, artichoke hearts and saute together for about one minute. Season with salt and pepper to taste.
2. Add garlic and shallots, toss together and deglaze the pan with one ounce of white wine let the alcohol burn off and add your roasted roma tomato sauce and arugula.
3. Heat the pasta back up in seasoned water, drain and add to the sauté pan and toss together. If sauce is too thick you can add vegetable stock or chicken stock.
4. Add .5 tablespoons of pecorino cheese and toss together. This is optional.

5. Pull chicken from oven, julienne the chicken and set aside.

6. Bring to the plate, place the pasta in your favorite pasta bowl and stack the chicken up in the center of the pasta. Garnish with pecorino cheese and sprig of fresh basil or rosemary. Enjoy!

Note: If you buy a very high grade of roma tomato sauce or marinara sauce you can bring to a boil, add heavy cream and chopped fresh basil and you will have a very good sauce for the pasta dish. You will save on cooking and preparation time.

Prepared by VIRTUES RESTAURANT