

Chicken Florentine Pasta

This is a slightly creamy pasta with chicken, blistered grape tomatoes and wilted spinach with a bite from crushed red pepper. I served this with 2017 Poggio Ai Ginepri Toscana from Tenuta Argentiera. I'm not sure where I found this wine but it was a light and citrusy Vermentino blend. I would generally try to pick a creamier wine to go with this dish but this did actually work because the bright citrus notes complemented the spiciness of the red pepper flakes.

Serves 2

30 minutes to prepare

8 cups water

2 teaspoons Salt

5 ounces Penne Pasta

12 oz. Boneless, Skinless Chicken Breast, cut into bite size pieces

Salt and Pepper, to taste

4 teaspoons olive oil, divided

4 ounces Grape Tomatoes, cut in half vertically

2 ounces Baby Spinach, coarsely chopped

2 Garlic Cloves, minced

4 ounces Light Cream

1 ounce Grated Parmesan Cheese

1/4 teaspoon Red Pepper Flakes

1. Bring 8 cups water to boil. Add 2 teaspoons of salt and penne pasta and cook until al dente, 10-12 minutes. Reserve 1/4 cup pasta cooking water and drain pasta in colander. Set aside.
2. Season chicken breast with a pinch of salt and pepper.
3. Place a large non-stick pan over medium-high heat. Add 2 teaspoons of olive oil and chicken breast to hot pan and stir occasionally until chicken browns and is cooked through (internal temperature of 165 degrees), about 5-7 minutes. Remove chicken to a plate, do not clean pan.
4. Add 2 more teaspoons of olive oil and tomatoes to hot pan. Stir occasionally until blistered and slightly charred, 1 to 2 minutes. Add spinach and garlic to tomatoes. Stir occasionally until spinach is wilted, 1-2 minutes.
5. Add cream and reserved pasta cooking water to tomato mixture. Stir until thickened 1-2 minutes. Stir in Parmesan cheese and red pepper flakes until incorporated. Stir in chicken, pasta, 1/4 tsp salt and pinch of pepper. Remove from dinner and divide between 2 bowls.

