In your box

- 2 oz. Grated Parmesan
- 5 oz. Spaghetti
- 2 Garlic Cloves
- 3 Roma Tomatoes
- ¼ oz. Basil
- 2 Boneless Skinless Chicken Breasts
- 2 Tbsp. Tomato Paste
- ¼ tsp. Red Pepper Flakes

One-Pot Basil Chicken Pasta
with homemade tomato sauce

NUTRITION per serving–Calories: 709, Carbohydrates: 66g, Fat: 23g, Protein: 58g, Sodium: 1626mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time	Cook Within	Difficulty Level	Spice Level
25-35 min.	5 days	Easy	Mild

Cook the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 6-9 minutes.
- Reserve ½ cup **pasta cooking water**. Drain pasta in a colander, shaking to remove as much water as possible.
- Reserve pot; no need to wipe clean.
- While pasta cooks, prepare ingredients.

Prepare the Ingredients

- Mince **garlic**.
- Core **tomatoes** and cut into ¼" dice.
- Stem and coarsely chop **basil**.
- Pat **chicken breasts** dry and, on a separate cutting board, cut into 1" dice. Season with a pinch of **salt** and **pepper**.

Start the Chicken

- Return pot used to cook pasta to medium-high heat and add 2 tsp. **olive oil**.
- Add **diced chicken** and cook on one side until golden brown, 3-5 minutes.
- Transfer chicken to a plate. *Chicken will finish cooking in a later step.*
- Reserve pot; no need to wipe clean.

Make the Sauce

- Return pot used to cook chicken to medium-high heat. Add 2 tsp. **olive oil**, **tomato paste**, and **garlic** and stir constantly until aromatic, 30-60 seconds.
- Add **tomatoes** and cook until softened, 1 minute.
- Add ¼ cup **reserved pasta water** and bring to boil. Once boiling, add **chicken** and stir occasionally until chicken reaches a minimum internal temperature of 165 degrees, 2-3 minutes.
- Season with ½ tsp. **salt** and a pinch of **pepper.**

Add the Pasta

- Add cooked **pasta** and half the **Parmesan** (reserve remaining for garnish) to pot and toss with **sauce**. *If too dry, add remaining pasta cooking water 1 Tbsp. at a time until desired consistency is reached.*
- Remove from burner and stir in **basil** and **red pepper flakes** (to taste).
- Plate dish as pictured on front of card, garnishing with remaining Parmesan. Bon appétit!