

Chicken in creamy garlic sauce with mustard, baby spinach, sun-dried tomatoes, butter tagliatelle - Virtual Workshop Version

Recipe for 2

Description

A quick and easy dish that will satisfy everyone !

Note

For fresh pasta cooking time is only 3 to 4 minutes

Ingredients

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- 2 Unit(s) Chicken breast
- 0.50 Cup(s) Chicken stock
- 1 Tsp Garlic powder
- 4 Tbsp Grated parmesan
- 1 Handful(s) Baby spinach
- 6 Unit(s) Sundried tomatoes
- 5 Tbsp 35% cooking cream
- 1 Tbsp Dijon mustard

- Salt and pepper
- Olive oil

Pasta

- 150 Gr Tagliatelle
- 1 Unit(s) Green onion

- Salt and pepper
- Olive oil

Preparation

- Preparation time **45.00 mins**

To do list before the clas

Warm up your chicken stock.

For this recipe you will need :

- 1 cutting board
- 1 chef knife
- 1 pairing knife
- 2 clean kitchen towels
- 2 large pots
- 2 big plates
- 1 bowl
- 2 little pots
- 1 little cup for the sauce
- 1 kitchen tongs
- 3 large spoons
- 1 colander

Prep

Cut the chicken in cubes

Slice the green onion.

Finely chop the sundried tomatoes

Chicken

In a large pot, with a dash of olive oil, cook the chicken for about 2 min on each side. Season with salt. Add in the mustard off the heat and mix in with the chicken. Remove the chicken from the pot and put aside.

In the same pot, pour the chicken stock, garlic, cream and parmesan cheese. Whisk the cream while cooking at high heat until the mix thickens.

Lower the heat at medium, add the spinach and the tomatoes. Let cook for few minutes and add back the chicken in the sauce. Keep cooking for 5 minutes at low heat.

Tagliatelle

In a pot of salted boiling water, cook your pasta according to the instructions (usually about 6 to 8 minutes).

Drain and quickly rinse under a bit of cold water to stop the cooking process.

Just before serving add a big spoon of butter and pepper.

Plating

Arrange the pasta in a shallow bowl and make a nest of pasta using your ladle.

In the nest pour some chicken with the creamy sauce. Pour a bit of sauce on the pasta as well.

Garnish with green onions.

Bon appétit!