

Farfalle cooked like a risotto (Pastasotto) with arugula, chicken fillets and dried tomatoes |

Recipe for 4 servings



Description

Pastasotto of farfalle topped with arugula, basil and pine nuts with chicken fillets.

Note

To develop the flavor of all nuts, it is always advisable to roast them in the oven for a few minutes until golden.

Ingredients

For the pastasotto

- 300 Gr Farfalle
- 150 Gr Onion
- 2 Clove(s) Garlic
- 125 Ml White wine
- 1 Liter(s) Chicken stock
- 60 Gr Sundried tomatoes
- 6 Sprig(s) Basil
- 1 Unit(s) Lemon
- 50 Gr Pine nuts

- Salt and pepper
- Vegetable oil
- Olive oil

For the garnish

- 400 Gr Chicken breast
- 100 Gr Parmigiano reggiano
- 4 Handful(s) Arugula salad

- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **four** at **400 F°**

General preparation

Chop the onions. Slice the dried tomatoes into thin strips. Pluck the basil leaves. Toast the pine nuts in the oven for 4-6 minutes. Squeeze the lemon juice. Prepare parmesan shavings using a vegetable peeler.

Preparation of Farfalle

Sweat the onions in olive oil in a saucepan, then add the farfalle. Once coated with olive oil, deglaze with white wine and add the crushed garlic clove, then reduce the liquid. Add some chicken stock to cover your pasta and let reduce. Then add the broth ladle by ladle as many times as necessary to cook the pasta (like risotto). When the Farfalle is al dente, add a dash of lemon juice, chopped basil, toasted pine nuts and sundried tomatoes.

Preparation of chicken fillets

Season the chicken fillets with salt and pepper and sear in a hot pan with a drizzle of vegetable oil. Let them brown, then turn them over and cook another 3 minutes. Finish cooking them by transferring to a baking sheet and placing them in the oven for roughly 6 to 8 minutes.

To serve

In a bowl place the pastasotto, then place some chicken fillets on top and garnish with a handful of arugula and some Parmesan shavings.

Bon appétit!