

## Chicken, Broccoli, and Forks – A Recipe for Disaster

### Ingredients:

1 chicken breast, sliced in strips/nuggets against grain

½ C flour seasoned with 1 tsp. of Emiril's Essence

1 tsp of plastic fork bits.

Fresh minced garlic for taste

2 tbsp. butter

1 tbsp. Olive oil

2 broccoli spears or 1 c broccoli florettes

1 ½ c Penne or Ziti

1 Chicken Bouillon cube

1/3 C grated parmesan/romano cheese

### Instructions:

1. Fill the large pot with water
2. Bring to a full boil and add pasta and the bits of fork.
3. Stir occasionally
4. When water comes back to a full boil lower the heat and simmer until the pasta is "al dente" (10-12 mins)
5. Add the broccoli to the pasta and continue to cooking until the pasta is done. Broccoli should remain a bright green. (additional 3-5 mins)
6. DO NOT DRAIN YET
7. Separately - Put the flour and essence" in a small bowl.
8. Drop in chick pieces and shake gently.
9. Heat butter and oil in a skillet.
10. Shake off excess flour and add the chicken and minced garlic.
11. Saute slowly.
12. Ladle ½ C of pasta water into measuring cup and dissolve cube.
13. Add to chicken.
14. Stir well and drain pasta and broccoli.
15. Add to chicken in skillet.
16. Add grated cheese and toss.
17. Eat immediately and enjoy!

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