

Romantic Summer Pasta

Serves 5 : ~35 minutes

Ingredients:

- ½ cup olive oil
- 1 tsp crushed red pepper
- 3 cloves garlic, minced
- 1 lb chicken breasts, cut into small bite size pieces
- 12oz pasta shape of choice (I had Radiatore but a classic linguine would also be great, any shape really)
- 2 medium/large heirloom tomatoes, diced (any tough core removed)
- optional: ¼ cup dry white wine
- salt
- ½ cup reserved pasta water
- ½ cup fresh grated Parmesan, extra for serving
- 6 basil leaves, sliced into small strips

Instructions:

- Start a pot of water on the stove for the pasta. Bring it to a boil & salt it like the sea.
- Heat olive oil in a large saute pan or wide pot over medium heat.
- Grab the prepped chicken pieces, toss with a gentle seasoning of salt & set aside.
- Once the pan is heated, add red pepper & garlic, sauté until aromatic (about one minute, watch so that it doesn't burn).
- Add chicken in an even layer & cook for a couple minutes (until golden), then flip each piece over & cook a couple more minutes (until done).
- Use a slotted spoon to scoop chicken from the pan & set aside.
- Begin boiling your pasta, cooking for only half the required time for doneness—we will finish cooking it in the sauce.
- **Meanwhile**, add tomatoes & optional white wine, simmer for about 5 minutes until tomatoes begin to break down & the alcohol cooks off.
- Once the pasta is ready, reserve ½ cup of the pasta water then strain or use a slotted spoon to remove pasta from the boiling water.

- Add pasta water to the saucepan, bringing it up to a simmer.
 - Add in the pasta & place the lid on. Cook for about a minute at a time, stirring & taste testing for doneness.
 - Once the pasta is fully cooked through to Al Dente, stir in the parmesan cheese. This should bring the sauce together.
 - Stir in the basil & pieces of cooked chicken.
 - Top with extra parm as desired.
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recipe notes:

- I added the white wine because I had some in the fridge & knew it would add dimension to the flavor. If you don't have any, don't worry.
- This sauce is pretty loose, you'll only see it really come together when it's just about completely finished & the parmesan is added in.

what you learn from this recipe:

- If you haven't cooked pasta like this before, it feels important to try. The big lessons are about really salty pasta water & finishing the pasta in the sauce itself. This creates such a great flavor that's infused throughout the pasta, as opposed to a more bland pasta with flavorful sauce.