Chicken Tortellini Recipes

Chicken and tortellini in tomato-basil sauce



Serves: 4 | **Difficulty:** Easy

Prep: 15 min
Cook: 20 min
Total: 35 min
Method: Skillet / Stovetop

Cheese tortellini, chicken and spinach come together in a tomato-basil skillet. Cook the filled pasta separately according to its package so fresh and frozen tortellini both work without overcooking the chicken.

INGREDIENTS

- 1 lb (454 g) boneless skinless chicken breast, cut into bite-size pieces
- 18 oz (510 g) spinach-and-ricotta tortellini made with vegetarian cheese
- 1 tbsp (15 ml) olive oil
- 2 garlic cloves (6 g), minced
- 1 can (14 oz / 400 g) crushed tomatoes
- 1/2 cup (120 ml) low-sodium chicken broth
- 3 cups (90 g) baby spinach
- 1 tsp (1 g) dried basil
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 2 tbsp (8 g) chopped fresh basil

METHOD

1. Bring a pot of water to a boil and cook tortellini according to its package. Reserve 1/2 cup (120 ml) cooking water and drain.
2. Season chicken with salt and pepper. Sauté in oil in a large skillet for 5–7 minutes, stirring until the largest pieces reach 165°F (74°C).
3. Add garlic for 30 seconds. Stir in crushed tomatoes, broth and dried basil; simmer 6–8 minutes.
4. Fold in spinach, then the tortellini. Warm gently, adding a little reserved water if the sauce is too thick.
5. Scatter fresh basil over the skillet and divide into four portions.

Kitchen note: Choose a cheese-filled tortellini and follow its stated cooking time. Reserve a little pasta water before draining.

Serving: Divide into 4 portions with chicken and vegetables distributed evenly. Serve promptly with a simple green salad or steamed seasonal vegetables.

Storage & reheating: Refrigerate leftovers in shallow, covered containers within 2 hours. Keep at 40°F (4°C) or colder and use within 3–4 days. Reheat until steaming hot throughout; verify cooked chicken reaches 165°F (74°C).