Cowboy Butter Chicken Pasta

Chicken and penne tossed in lemon, garlic, butter, and herbs

SERVES 4	PREP 20 MIN	COOK 30 MIN	TOTAL 50 MIN



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breasts, cut into small pieces
- 2 tbsp (28 g) butter
- 1 tbsp (15 ml) neutral oil
- 4 garlic cloves, minced
- 1/2 cup (120 ml) chicken broth
- 1/2 tsp salt
- 1/4 tsp black pepper
- 8 oz (225 g) dry penne
- 2 tbsp (30 ml) lemon juice
- 1 tsp Dijon mustard
- 1/2 tsp paprika
- 1/4 tsp chili flakes
- 2 tbsp chopped parsley

METHOD

1. Cook penne in boiling water according to package directions; reserve 1/2 cup cooking water and drain.

2. Season chicken with salt and pepper. Heat oil in a skillet and brown chicken in batches for 7-10 minutes, turning regularly.

3. Return chicken to skillet. Lower heat, add butter and garlic, and stir for 30 seconds.

4. Add broth and simmer gently 3-5 minutes until chicken reaches 165 F (74 C).

5. Whisk lemon juice, mustard, paprika, and chili flakes into the sauce. Toss in pasta and parsley; loosen with reserved pasta water as needed.

TIP: Lower the heat before adding butter and garlic to prevent burning. Measure ingredients before starting.

SAFE STORAGE: Check the thickest center of the chicken with a food thermometer; it must reach 165 F (74 C). Refrigerate in shallow covered containers within 2 hours (1 hour above 90 F / 32 C); keep at or below 40 F / 4 C and use within 3-4 days.

SERVE: Divide pasta and chicken among four bowls.