One Pot Chicken Pasta

Tomato penne with chicken, zucchini and creamy ricotta

5 servings **Prep 15 min | Cook 25 min | Total 40 min** **Difficulty: Medium**



Serving suggestion

INGREDIENTS

- 1 lb (454 g) boneless skinless chicken thighs, diced
- 10 oz (283 g) dry penne
- 1 tbsp (15 ml) olive oil
- 1 small onion (100 g), diced
- 2 garlic cloves (6 g), minced
- 1 zucchini (200 g), finely diced
- 1 can (14 oz / 400 g) crushed tomatoes
- 3 cups (720 ml) low-sodium chicken broth
- 1 tsp (1 g) dried basil
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1/2 cup (120 g) ricotta made with vegetarian ingredients
- 2 tbsp (8 g) chopped fresh basil

METHOD

1. Heat oil in a 4- to 5-quart pot. Add chicken, salt and pepper; saute for 4 minutes to color the outside.

2. Add onion and zucchini and cook for 4 minutes. Stir in garlic and dried basil for 30 seconds.

3. Add penne, tomatoes and broth. Scrape the base and bring to a simmer. Cook uncovered 12-16 minutes, stirring often, until pasta is tender and chicken reaches at least 165 F (74 C).

4. If pasta is still firm but the pot looks dry, add hot water in small splashes. Keep a little sauce in the pot because pasta continues to absorb it.

5. Turn off the heat. Fold in ricotta and fresh basil, then serve promptly.

COOKING NOTE

Keep extra hot water nearby because pasta shapes absorb liquid differently. Stir often as the penne simmers, and add the ricotta after turning off the heat.

Refrigerate leftovers within 2 hours. Reheat portions to 165 F (74 C).