

Summer Bow Tie Pasta w/ Chick'n & Broccoli

Swick

Serves 4 | Active Time: 40 minutes | Total Time: 40 minutes

Preparing Your Mise en Place & Cooking the Pasta

To start, cook the pasta according to the package.

Heat a large fry pan over medium-high heat. Once hot, add the oil followed by the Chick'n. Toss and allow the Chick'n to cook for a few minutes, or until it has nicely caramelized on all sides.

Next add the onions and let cook for a minute, then deglaze with the white wine. Allow the wine to reduce by about half and then add the stock.

Add the non-dairy butter and mix to combine. Add the broccoli and allow it to cook for 2 minutes in the sauce. Next add the peas and asparagus. Season with a bit of salt and pepper and add the chili flakes and gently toss to combine.

Once the green vegetables have become vibrant in color and fork-tender, add the cooked pasta and fold everything together, evenly coating the pasta with the sauce.

Step 1: Preparing Your Mise en Place & Cooking the Pasta

- 3 cups bow tie pasta, cooked
- 2 tbsp olive oil
- 1 (10.5-oz) pkg Chick'n Strips, torn in half
- 1 small white onion, julienne
- 1 cup white wine
- 3/4 cup vegetable stock
- 2 tbsp non-dairy butter
- 1/4 tsp chili flakes
- 1 cup broccoli
- 3/4 cup fresh peas
- 1/2 cup asparagus tips
- sea salt and black pepper, to taste

Step 2: Finishing the Pasta

- handful of fresh basil, freshly torn
- sea salt, to taste
- black pepper, to taste
- olive oil, to finish

Taste for seasoning, adding more salt and/or pepper, as needed.

To finish the dish, add the freshly torn basil and gently toss one last time before serving. Lastly, drizzle the pasta with a bit of extra-virgin olive oil and serve with additional chili flakes, if desired.