



Garden Fresh Farm Recipes

Creamy Parmesan Chicken and Broccoli Pasta

Indulge in a delightful Creamy Parmesan Chicken and Broccoli Pasta, featuring tender chicken pieces, al dente pasta, and vibrant garden-fresh broccoli. The dish is elevated with a velvety Parmesan cream sauce, creating a perfect balance of savory flavors. A comforting meal that celebrates the wholesome goodness of fresh ingredients.

Ingredients:

Chicken and Broccoli

2 boneless skinless Chicken Breasts
1 head of Broccoli, broken into bite-sized florets (9oz)
1/2 Lemon, juice only
1/2 tsp Onion Powder
1/2 tsp Garlic Powder
1/2 tsp Salt
1/4 tsp Black Pepper
1 tbsp Olive Oil

Pasta

6-8 oz Wide Egg Noodles
1 1/4 Cups Heavy Cream, at room temp
3/4 Cup Chicken Stock
2 oz. freshly grated Parmesan
2 Tbsp Butter
2 Cloves of Garlic minced
Salt & Black Pepper, to taste



Directions:

Preheat oven to 400F.

Coat chicken breasts with olive oil and season with onion powder, garlic powder, salt, black pepper. Place chicken breasts on a baking pan that is lined with parchment paper.



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Add the broccoli to the side of the pan and drizzle with olive oil and season with salt and pepper.

Bake in the oven for 16-18 minutes or until the internal temperature of the chicken reaches 165 degrees.

The broccoli and chicken breasts should cook at an even rate, but timings will vary depending on the thickness of the chicken and the size of the florets. The broccoli is done when the florets are lightly charred and fork tender.



Once out of the oven, gently squeeze lemon juice over the broccoli. Let the breasts rest under some tented foil for 5 minutes before slicing it into bite sized pieces.

Cook the pasta in salted boiling water until al dente, about 10 minutes.

Meanwhile, melt butter in a large deep pan over medium heat and fry the garlic for 1-2 minutes. Stir in chicken stock and cream and bring to a simmer. Stir in the Parmesan cheese and continue gently simmering until the sauce thickens.

Using a slotted spoon or wire mesh strainer, transfer the pasta straight from the pot into the sauce and toss to coat. Add the chicken pieces and broccoli, and continue tossing until the sauce thickens. If the sauce thickens too much, add some of the pasta water.

Season to taste. Serve and enjoy!