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Pasta Primavera

Ingredients

3 oz. pasta of your choice uncooked
0.5fl oz. olive oil
1 chicken breast diced
4oz. broccoli florets, fresh or frozen
2oz. cherry tomatoes
1 oz. cream cheese or cottage cheese
0.5 oz. parmesan cheese
2 oz. vegetable stock

Preparation

- 1 Boil the pasta to your specifications. 10 minutes of boiling is a safe time for pasta if you are not sure, take a bite of the pasta, if it gives a slight resistance between the teeth but is not crunchy or hard then it is al dente and ready
- 2 While the pasta is cooking sauté the garlic in the oil for about a minute, then add the chicken and sauté for five minutes. Add the broccoli and sauté for an additional 10 minutes until softened
- 3 Add the broth and the cream cheese (or cottage cheese). Add the tomatoes and cook for an additional minute or two
- 4 Drain the pasta and mix it with the chicken and vegetables. Add the parmesan and serve.

Cooks Note

You can cook double the pasta if cooking for a friend and use half of the pasta for a quick lunchtime salad.
