



Rosemary-Tomato Chicken Penne & Broccoli

with Parmesan



30-40min



2 Servings

Tender and super flavorful, this chicken and pasta concoction in a rich tomato sauce is a weeknight dinner savior. On the side, there's broccoli that you broil with whole rosemary sprigs. The rosemary leaves crisp up and become a fragrant topper for the pasta.

What we send

- ¼ oz fresh rosemary
- 2 oz roasted red peppers
- ¾ oz Parmesan ⁷
- 10 oz pkg chicken breast strips
- 8 oz tomato sauce
- 6 oz penne ¹
- ½ lb broccoli

What you need

- kosher salt & ground pepper
- olive oil
- garlic

Tools

- large pot
- microplane or grater
- medium skillet
- rimmed baking sheet
- colander

Cooking tip

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Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 690kcal, Fat 19g, Carbs 84g, Protein 52g



1. Prep ingredients

Bring a large pot of **salted water** to a boil.

Pick and finely chop **2 teaspoons rosemary leaves**; rub remaining rosemary with **oil**. Finely chop **2 teaspoons garlic**. Thinly slice **red peppers**, if necessary. Cut **broccoli** into 1-inch florets, if necessary. Finely grate **all of the Parmesan**.



4. BROCCOLI VARIATION

On a rimmed baking sheet, toss **broccoli** with **1 tablespoon oil**; season with **salt and pepper**. Broil on upper oven rack until broccoli is softened, 3-4 minutes. Add **rosemary sprigs** and broil until broccoli is charred in spots and rosemary leaves are crisp, 2-4 minutes (watch closely). Reserve rosemary for serving, then toss broccoli on baking sheet with **remaining garlic**.



2. Brown chicken

Preheat broiler with a rack in the upper third.

Pat **chicken** dry, then season all over with **salt and pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, without stirring, until well browned on the bottom, about 3 minutes. Flip pieces and brown on the other side, about 2 minutes more (chicken will not be cooked through).



5. Cook pasta

Meanwhile, add **penne** to boiling water and cook, stirring occasionally, until al dente, about 8 minutes. Reserve **¼ cup cooking water**, then drain pasta.



3. Make sauce

Add **chopped rosemary, roasted red peppers**, and **⅔ of the garlic** to skillet with **chicken**. Cook, stirring, until fragrant, about 2 minutes. Add **tomato sauce, ¾ cup water**, and a **generous pinch of salt**. Bring to a boil, then reduce heat to medium. Simmer until chicken is cooked through, and sauce is reduced to consistency of heavy cream (about 2 cups), about 7 minutes.



6. Finish pasta & serve

Return skillet with **sauce** to medium heat; stir in **pasta** and **reserved cooking water**. Add **half of the Parmesan** in large pinches to avoid clumping, stirring after each addition. Season **pasta** to taste; top with **remaining Parmesan** and a **drizzle of oil**. Remove **crisp rosemary leaves** from sprigs and sprinkle over top. Serve **garlicky broccoli** alongside. Enjoy!