

Farfalle cooked like a risotto (Pastasotto) rocket, chicken fillets and dried tomatoes

Recipe for 4 persons



Description

Pastasotto of farfalle topped with arugula, basil and pine nuts with chicken fillets.

Note

To develop the flavors of all nuts, it is always advisable to roast them in the oven a few minutes until golden.

Ingredients

For the pastasotto

- 400 Gr Farfalle
- 1 Unit(s) Onion
- 1 Clove(s) Garlic
- 100 Ml White wine
- 1 Liter(s) Chicken stock
- 50 Gr Sundried tomatoes
- 6 Sprig(s) Basil
- 1 Unit(s) Lemon
- 50 Gr Pine nuts

- Salt and pepper
- Olive oil
- Vegetable oil

For the garnish

- 400 Gr Chicken breast
- 100 Gr Parmigiano reggiano
- 4 Handful(s) Arugula salad

- Salt and pepper
- Olive oil
- Vegetable oil

Preparation

- Preparation time **30.00 mins**
- Preheat your **four** at **400.00 F°**

General preparation

Chop the onions. Cut into thin strips the dried tomatoes. Snip basil leaves . Toast the pine nuts in oven 4-6 minutes. Squeeze the lemon juice. Prepare parmesan shavings using a vegetable peeler.

Preparation of Farfalle

Sweat the onions in olive oil in a saucepan, then add the farfalle. When these are coated with olive oil, deglaze with white wine and add the crushed garlic clove, then reduce. Add in some chicken stock to cover your pasta and let reduce. Then add the broth ladle by ladle as many times as necessary to cook the pasta (like risotto). When Farfalle is al dente, add a dash of lemon juice, chopped basil, Parmigiano parmesan (50g) grated, toasted pine nuts and sundried tomatoes.

Preparation of chicken fillets

Season the chicken fillets with salt and pepper and sear in a hot pan in a drizzle of vegetable oil. Let them brown, then turn them over and cook 3 minutes per side. Finish the cooking in the oven during 6 to 8 minutes.

To serve

Arrange in a bowl the pastasotto, place some chicken fillets on top, and garnish with a handful of arugula and some Parmesan (50g) shavings.

Bon appétit!