

# SEARED CHICKEN & PASTA

USING TOMATO BALSAMIC SAUCE

Serves:

4

Total Time:

20min



## INGREDIENTS

1/2 bottle (4 oz)

Blount Clam Shack  
Tomato Balsamic  
Sauce



1 lb  
Chicken  
Breast



1/2 box  
Spaghetti



1  
Large  
Zucchini



1 cup  
Cherry  
Tomatoes



1/2 cup  
Parmigiana  
Reggiano  
(grated)

+ these  
pantry  
items:

Salt  
Pepper  
Olive Oil

## COOKING INSTRUCTIONS

### 1 PREP

- Preheat oven to 375°F
- Wash and dry all produce.
- Cut **zucchini** into 1/2" quarter moons.
- Halve **cherry tomatoes**.
- Pat **chicken** dry, dice into 1/2" pieces. Season with **salt** and **pepper**.

### 2 COOK PASTA

- Bring a medium pot of **salted** water to boil. Cook the **pasta** until al dente according to package directions. Drain and immediately rinse the **pasta** under cold water. Transfer to a large bowl and toss in a drizzle of **olive oil** to prevent sticking. Set aside.

### 3 COOK CHICKEN

- Meanwhile, Preheat an oven-safe, non-stick pan on medium/high heat. Add **olive oil** and heat about 1 minute, till hot. Add the diced **chicken**; sauté for about 5 minutes or until it begins brown. Add the **zucchini** and **cherry tomatoes**, sauté 2-3 minutes. Add **Tomato Balsamic Sauce** and heat until contents begins to simmer.
- Transfer pan to the oven and bake until **chicken** in fully cooked.\*

### 4 FINISH & SERVE

- Remove pan from the oven. Transfer contents of pan to the bowl with the **pasta**. Sprinkle the **parmigiana reggiano** over the top and serve.

\*Chicken is fully cooked when internal temperature reaches 165° F.



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