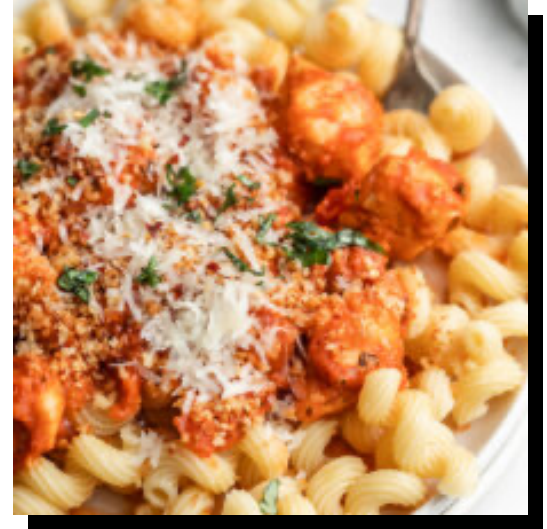


Chicken parm with pasta and breadcrumbs

Adapted • Shared by Steve Janowicz

Ingredients

- 1/2 white onion
- 2 cloves garlic
- 1 lb. chicken tenders (skinless, boneless)
- 3/4 tsp. sea salt
- 1 Tbsp. olive oil
- 16 oz. short pasta like cavatappi
- 2 Tbsp. butter
- 3/4 cup panko bread crumbs
- 2 cups high-quality marinara sauce (16 oz.)
- 1 cup shredded mozzarella cheese
- 1/2 cup grated parmesan cheese
- olive oil, flaky sea salt, red pepper flakes (to taste)



Instructions

1. Prepare ingredients: Dice onion. Mince garlic. Cut chicken into 1'' pieces and season with sea salt. (Using kitchen shears makes this quick!) Start boiling pasta water.
2. Cook pasta to al dente in a large pot of salted water, according to package instructions. Drain and set aside.
3. While pasta is cooking, cook chicken. Heat 1 tablespoon of the olive oil in a large nonstick skillet over medium-high heat. Add onions and cook for 2-3 minutes. Add garlic and chicken and cook for about 5-8 minutes, until chicken is cooked through. (Turn down the heat to medium if things are browning.)
4. While chicken is cooking, melt butter in a small nonstick skillet over medium-low heat and add panko bread crumbs. Stir frequently and cook until golden brown, removing from heat and transferring to a bowl immediately to stop cooking.
5. When the chicken is cooked through, stir in marinara sauce. Bring to a boil and remove from heat. Stir mozzarella cheese into the cooked chicken mixture.
6. Place a serving of pasta onto a plate and top with chicken mixture, toasted bread crumbs, grated Parmesan cheese, a drizzle of olive oil, flaky sea salt, and red pepper flakes to taste.

Notes

Source: My Everyday Table

Author: Chef