Stuffed Shells with Meat Sauce & Mozzarella (Baked Pasta Shells)



Adapted • Shared by Steve J

Ingredients

- 12 oz pasta (penne, spaghetti, or your choice)
- 1.5 lbs chicken breast (or thighs), sliced
- 2 tbsp olive oil
- 5-6 cloves garlic, minced
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp red pepper flakes (optional)
- 1/2 cup chicken broth
- 1/4 cup grated Parmesan
- 2 tbsp butter (optional)
- 1 tbsp lemon juice (optional)
- 2 tbsp parsley, chopped (optional)

Instructions

1. Cook pasta in salted water until al dente. Reserve 1/2 cup pasta water, then drain.
2. Season chicken with salt and pepper. Heat olive oil in a large skillet over medium-high heat and cook chicken until browned and cooked through. Remove to a plate.
3. Reduce heat to medium. Add garlic (and red pepper flakes if using) and cook 30 seconds until fragrant.
4. Add broth and scrape up browned bits. Add pasta and chicken back in. Toss to combine.
5. Stir in Parmesan (and butter if using). Add a splash of reserved pasta water as needed to loosen.
6. Finish with lemon and parsley if desired.

Notes

Source: Facebook
Author: Chef

Chef Assisted
Chef created this recipe based on the dish title and common cooking methods. Please review and adjust to taste.