

Cooking Encounters with H.B.

Skillet Mediterranean Chicken with Bowtie Pasta

You will need:

- 1 lb boneless skinless chicken breast
- 2 tbsp butter
- salt & pepper
- 1 diced onion
- 4 minced garlic cloves
- 12 oz roasted red peppers (dice them)
- 1 1/2 cups chicken stock
- 4 oz cream cheese
- 2 cups fresh baby spinach leaves
- 2 cups cooked bowtie pasta



Instructions:

- Melt butter in large skillet
- Season the chicken with salt & pepper and cook on medium/high heat until browned and done (165F in the middle)
- Remove cooked chicken to a plate and keep warm
- In same skillet cook the onions until soft and then add roasted red peppers and season with salt & pepper.
- Cook for 2 minutes and add cream cheese and chicken stock.
- Whisk the sauce until blended and then simmer about 7 minutes allowing sauce to reduce.
- Add the spinach and stir until wilted
- Return the chicken (and any juices) to the skillet and allow to warm.

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Serve:

- Plate the pasta
- Add chicken
- Spoon sauce over the top and enjoy!

Notes:

- Cook pasta while cooking the chicken
- Used minced garlic: 1/2 tsp = 1 clove
- Pound out the chicken breast and cut it into thinner cutlets
- Substitute bowtie pasta with penne, rotini, ziti or other short pasta of your choosing.
- Super easy & quick recipe - don't be intimidated. You can cook this on any busy weeknight.



This recipe is an adaptation of a recipe that we found online. It was a wonderful dish that we all enjoyed. Living on a boat sometimes you have to adapt and substitute ingredients based on what you have onboard. It is hard to keep fresh veggies & fruit so sometimes frozen or canned is substituted without sacrificing too much flavor.

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