

## **Chicken, Broccoli, Rigatoni with Parmesan cheese**

### **For the Chicken and Broccoli**

Heat a large sauté pan with grapeseed oil on high Heat

Heat the Oven to 350 degrees

Cut the Chicken into 1.5 inch pieces

Season the chicken with salt and pepper

Add the chicken to the pan and sear quickly on each side

Remove the chicken to a baking sheet and finish in the Oven for 10 minutes until cooked through.

Mince the Garlic

Turn heat to medium and add the garlic sauté for 2 minutes

Add the broccoli florets and sauté for 8 minutes

Season with salt and pepper

Add 1 cup of water (or chicken broth)

Add the cooked chicken back to the pan

Cover and simmer for 8 minutes

### **For Pasta**

Bring large Pot of water to a boil

Add Kosher salt, enough so the water tastes salty

Add the Rigatoni

Cook for 6 minutes and remove with strainer or drain into colander

### **To Finish**

Add the Pasta to the chicken and broccoli

Season with salt and pepper

Toss well and turn off the heat

Add grated parmesan

Add 2T of butter or 2 T of olive oil or both or neither

Your choice. I suggest both

The idea here is to create a nice body to the sauce with the cheese, butter and olive oil