

# ZUCCHETTI WHITE WINE GARLIC WITH BALSAMIC CHICKEN RECIPE FOR THE HOME CHEF



Serves 4 -6

## Ingredients:

### White wine garlic sauce:

- 2 Tbs. Olive oil
- 1 stick of Butter
- 10 Garlic cloves, minced
- 2 ea. Shallots, minced
- 3 Tbs. Tomato paste

- ¼ c. White wine
- Lemon juice from 1 lemon
- 32 oz. Chicken stock
- 1 Tbs. Corn starch
- Salt and pepper to taste

**Ingredients:**

- 2 Tbs. Olive oil
- 4 – 6 Chicken breasts, marinated in your favorite balsamic vinaigrette (1 oz per breast) bake or grill, set aside covered to keep warm
- 1 lb. Zucchini, spiralized
- 1 lb. Spaghetti, cooked and oiled
- 12 oz. Zucchini, diced tossed in oil and salt and roasted at 400 degrees until 40% browned
- 12 oz. Tomatoes, diced
- 6 oz. Red onion, sliced thin
- 6 oz. Vegetable broth
- 4 oz. Parmesan cheese, shredded
- 1 Lemon, cut into wedges
- 1 bunch Parsley, chopped

**Sauce Preparation:**

- Heat oil and butter in pan on medium until melted, add garlic and shallots and sauté until fragrant about 5 minutes.
- Add tomato paste and cook 2 minutes.
- Add wine, lemon juice and chicken stock, cook until simmering throughout.
- Mix cornstarch with equal parts water to form a slurry, add to simmering pan to thicken sauce.
- Add salt and pepper to season. Set aside until needed.

**Putting it all together:**

- Heat a pan on medium heat, add oil, spaghetti, zucchini noodles, roasted zucchini, tomatoes and red onion.
- Add vegetable broth and cook until almost completely dry.
- Add white wine garlic sauce, heat and toss to coat all ingredients.
- Place in serving bowl and garnish with balsamic chicken, parmesan cheese, lemon wedges and parsley.

Enjoy!



2 years ago

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