

# Pasta with Chicken and Sun dried Tomatoes

**Category:** Pasta

**Servings:** 2

**Rating:** 10

**Source:** Ian Smith

## Description:

Stef and I bet on one of the stops on the U4 - was it Shottentor or Shottenring? I lost!! So I had to cook the dinner!

## Ingredients:

|                    |                                   |
|--------------------|-----------------------------------|
| ionion             | 1 cup chopped                     |
| garlic             | 2 cloves, minced                  |
| olive oil          | 2 tablespoon                      |
| carrot             | 1 large julienned                 |
| fennel seeds       | 1/8 teaspoon                      |
| chicken            | 1 boneless whole breast           |
| sun-dried tomatoes | 1/4 cup diced soaked in olive oil |
| white wine         | 1/4 cup                           |
| sub-recipe         | Egg Pasta, cut as Fettucine       |
| parmesan cheese    | 1 cup freshly grated              |

## Instructions:

Sauté the onions and garlic in oil until the onions soften. Add the carrot and fennel seed and continue cooking until the onions have turned a soft golden brown. Remove the onion mixture from the pan, add a little more oil and sauté the chicken. As soon as it has turned opaque, add the sun dried tomatoes and continue cooking until the chicken is lightly browned. Remove the chicken mixture and deglaze the pan with white wine, cooking it down until it is a thick sauce. Return all of the other ingredients to the pan and cook them until they are warmed through. Meanwhile, cook the pasta, drain, and add the chicken mixture. Serve with parmesan cheese on top.