



Chicken, Broccoli, and Cherry Tomato Fusilli

READY IN



45 min.

SERVINGS



4

CALORIES



887 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 7 ounces slightly cups broccoli florets
- ☐ 2 tablespoons butter unsalted diced
- ☐ 3 cups chicken broth low-sodium homemade canned
- ☐ 0.3 teaspoon chile flakes
- ☐ 2 sprigs flat-leaf parsley
- ☐ 12 ounces spinach fusilli pasta
- ☐ 6 cloves garlic minced smashed
- ☐ 1 cup grape tomatoes halved

- ☐ 1 tablespoon kosher salt
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup pecorino cheese grated plus more to pass
- ☐ 2 chicken breast halves boneless skinless each 8 ounces

Equipment

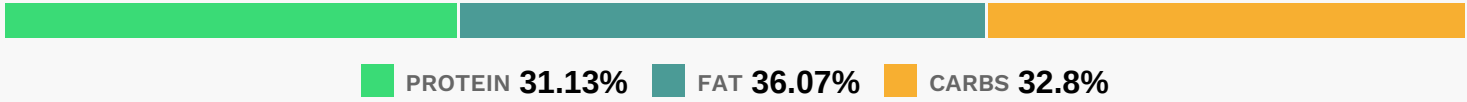
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ In a small saucepan with a tight-fitting lid, combine the chicken, broth, 1 teaspoon of the salt, smashed garlic, and parsley. Bring just to a boil, remove from the heat, and set aside, covered, until just cooked through, about 15 minutes.
- ☐ Remove the chicken, strain the broth. Pull the chicken into strips and put in a bowl with about 1/4 cup of the broth. Reserve the rest of the chicken broth.
- ☐ Bring a large pot of cold water to a boil over high heat, then salt it generously.
- ☐ Add the broccoli and cook until crisp-tender, about 2 minutes.
- ☐ Transfer broccoli with a slotted spoon to a bowl. Return the water to a boil, add the fusilli and cook, stirring occasionally until al dente to tender but not mushy, about 8 minutes.
- ☐ While the pasta cooks, combine the minced garlic, oil, and chile flakes in a large skillet. Cook over medium-high heat, stirring, until lightly browned and fragrant, about 2 minutes.
- ☐ Add the tomatoes and cook, stirring, until somewhat soft, about 1 minute.
- ☐ Add 1/2 cup of the broth, the remaining 2 teaspoons salt, and stir in the butter and 1/4 cup of the pecorino until incorporated. Stir in the chicken and broccoli, bring to a simmer, and remove from the heat.
- ☐ Drain the pasta in a colander in the sink.

- ☐
- Transfer to a bowl and toss with the remaining 1/4 cup pecorino.
- ☐
- Pour the sauce over the pasta, season with pepper, and toss to combine. (If the sauce around the pasta seems "tight", add a little more broth, until it loosely naps the fusilli.)
- ☐
- Serve in large bowls and pass additional cheese at the table, if desired.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:27.11, Inflammation Score:-8, Nutrition Score:33.863478266675%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 886.82kcal (44.34%), Fat: 35.05g (53.93%), Saturated Fat: 11.28g (70.47%), Carbohydrates: 71.74g (23.91%), Net Carbohydrates: 67.1g (24.4%), Sugar: 4.25g (4.72%), Cholesterol: 141.09mg (47.03%), Sodium: 2728.16mg (118.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.07g (136.15%), Selenium: 103.92µg (148.45%), Vitamin K: 72.94µg (69.47%), Phosphorus: 660.7mg (66.07%), Vitamin C: 52.1mg (63.16%), Vitamin B3: 11.63mg (58.17%), Manganese: 1.03mg (51.66%), Vitamin B6: 1.02mg (51.13%), Zinc: 6.03mg (40.23%), Vitamin B12: 1.8µg (30.04%), Magnesium: 110.54mg (27.63%), Potassium: 916.48mg (26.19%), Vitamin A: 1215.4IU (24.31%), Iron: 4.09mg (22.7%), Vitamin B2: 0.38mg (22.46%), Calcium: 214.81mg (21.48%), Copper: 0.41mg (20.36%), Vitamin E: 3.04mg (20.27%), Fiber: 4.64g (18.55%), Vitamin B5: 1.58mg (15.81%), Folate: 59.52µg (14.88%), Vitamin B1: 0.18mg (11.77%), Vitamin D: 0.38µg (2.52%)