



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

FEB 2017
Recipe 93

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Chicken, Cremini Mushroom and Avocado Fettuccine

PREPARATION

- 1 - Heat 2 teaspoons of the oil in a large non-stick frying pan over medium heat. Season chicken with salt and pepper. Add to pan and cook for 4 minutes each side or until cooked. Transfer to a plate.
- 2 - Heat remaining oil in the pan over high heat. Add mushrooms and garlic. Cook, stirring often, for 5-6 minutes or until tender. Stir in stock, cream and mustard. Bring to the boil. Reduce heat to medium and simmer for 12-15 minutes or until sauce reduces and thickens slightly.
- 3 - Meanwhile, cook pasta in a large saucepan of salted boiling water following packet directions, until al dente. Drain well and return to the pan.
- 4 - Slice chicken across the grain. Add the chicken and sauce to the pasta. Toss until well combined. Carefully toss in the avocado and dill, and season with salt and pepper.

Chicken, Cremini Mushroom & Avocado Fettuccine



Cook's Note: Enjoying pasta with a simple, light cheese dates back to 15th century Rome. This modern version incorporates cremini mushrooms, chicken, avocado and a hint of dill providing great texture and wonderful flavor notes.

Bon Appétit!
-George

(photo by Marc-Henri)

INGREDIENTS

- 1 1/2 tablespoons olive oil
- 500g (about 2 single) chicken breast fillets
- Salt & freshly ground pepper
- 400g cremini mushrooms, sliced
- 4 garlic cloves, crushed
- 1 cup (250ml) chicken stock
- 1 cup (250ml) pouring cream
- 2 tablespoons wholegrain mustard
- 350g fettuccine
- 2 avocados, sliced
- 2 tablespoons fresh dill sprigs

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