

# Chicken Broccoli Pasta

## Ingredients

700g of Chicken Tenderloins or boneless thighs

1 Leek

1 Clove of Garlic

1 tbsp of Parsley

1 Broccoli - Diced

400mL of Cream

½ cup of Parmesan Cheese

½ cup of Romano Cheese

Cracked Pepper

Salt

## Method

- Heat oil in a Wok and add the chopped Leek and gently cook the Leek until soft but not browned.
- Add Garlic, Parsley and then add your chicken tenderloins or thighs.
- Reduce heat to simmer for about 15 minutes with the lid on.
- Add Salt and Pepper.
- Then add the Broccoli and cook for a further 5 minutes.
- Then add your cream and cheese.
- Now you can put a pot of salted water to boil adding your pasta.
- You can read your pasta box to see how long to cook for.
- I like it Al' Dente.