

Chicken Scampi with Angel Hair Pasta (Easier)

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	7.07 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	8 1/3 tbsp	0 lb 3.97 oz	0%	0 lb 3.97 oz	Olive oil, extra virgin	PREPARE THE CHICKEN Heat the olive oil in a large skillet over medium-high heat. When hot, cook the chicken on all sides until golden brown. Sprinkle over the Italian seasoning. Remove the chicken to a plate and set aside.
		4 lb 2.67 oz	0%	4 lb 2.67 oz	Hungry Planet Diced Grilled Chicken	
	4 1/4 tbsp	0 lb 0.44 oz	0%	0 lb 0.44 oz	Seasoning, Italian	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2		3 lb 2.00 oz	0%	3 lb 2.00 oz	Pasta, dry, enriched <i>Angel hair</i>	COOK THE PASTA Cook the pasta in a large pot according to package directions. Drain, reserving 1 cup of the cooking liquid per 12 oz dry pasta. Return the pasta to the pot and gently toss with a small amount of oil to keep strands from sticking. Set aside.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	~ 4 1/4 tbsp	0 lb 2.06 oz	0%	0 lb 2.06 oz	Vegan butter	MAKE THE SAUCE Return the skillet to medium-high heat with the first amount of butter. Add the garlic and cook, stirring constantly, until fragrant but not browned, 1 minute. Add the white wine and bring to a simmer. Simmer until the liquid is almost completely reduced.
	~ 1 cup	117 g	0%	117 g	Garlic, raw, chopped	
	4 1/4 cup	2 lb 2.57 oz	0%	2 lb 2.57 oz	Alcoholic beverage, wine, table, white	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	12 1/2 tbsp	0 lb 6.17 oz	0%	0 lb 6.17 oz	Vegan butter	Stir in the chilled butter, 1 tablespoon at a time, until the sauce is glossy and slightly thickened. Stir in the lemon zest and juice. Season with salt and pepper, to taste (the sauce should taste very vibrant).
	<i>Chilled</i>					
	4.2 ea	0 lb 5.00 oz	0%	0 lb 5.00 oz	Lemon, juiced and zested	
		0.00 lb	0%	0.00 lb	Salt, kosher, Diamond Crystal	
				<i>To taste</i>		
		0.00 lb	0%	0.00 lb	Spices, pepper, black	
				<i>To taste</i>		

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5						FINISH THE DISH
						Set the pot with the pasta over low heat. Carefully pour the sauce and add the chicken to the pasta. Gently toss everything together until warmed and well-coated in the sauce. Add some of the reserved pasta cooking liquid if needed to achieve the desired consistency.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6		0.00 lb	0%	0.00 lb	Vegan parmesan, dry, grated	Serve the chicken scampi warm, topped with parmesan cheese (if using) and parsley.
	~ 1 pt	0 lb 3.75 oz	0%	0 lb 3.75 oz	Parsley, Italian, fresh, chopped	

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	11 lb 0.74 oz	0 %	11 lb 0.74 oz	0 %	11 lb 0.74 oz
Size of portion	7.07 oz		7.07 oz		7.07 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Calories	Minerals			
Total fat	7.69 g	30.69 %	221.71 kcal 927.63 kJ 0.93 MJ	Salt	0.46 g		
Saturated	1.39 g	5.55 %		Salt	0.46 %		Vitamins
Monounsaturated	3.36 g	13.38 %	Sodium	200.26 mg		Vitamin A	8.93 µg
Polyunsaturated	1.23 g	4.92 %	Phosphorus	61.78 mg		Vitamin D	0.00 µg
Trans	0.00 g	0.00 %	Potassium	201.58 mg		Thiamine	0.26 mg
Cholesterol	0.00 mg		Iron	1.80 mg		Riboflavin	0.12 mg
Linolenic acid	0.38 g		Calcium	31.56 mg		Niacin	2.10 mg
Alpha-linolenic acid	6.79 mg		Zinc	0.47 mg		Vitamin B6	0.08 mg
Total Carbohydrate	24.88 g	45.59 %	Magnesium	18.59 mg		Vitamin B12	0.00 µg
Sugars total	0.98 g		Iodine	0.00 µg		Folate	61.96 µg
Added sugar	0.00 g	0.00 %	Selenium	18.23 µg		Vitamin C	3.55 mg
Sugar	0.00 g		Copper	0.09 mg		Vitamin E	0.37 mg
Lactose	0.00 g					Vitamin K	36.30 µg
Fiber	2.03 g	1.75 %					
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	23.03 g
Starch	17.67 g	32.38 %					
Protein	9.60 g	17.60 %					
Alcohol	2.01 g	6.30 %					