

FUSILLI**PASTA BOWL**

Number	Units	Ingredients	Volume	Weight
4	OZ	CHICKEN BREAST(COOKED&PORTIONED)	4	OZ
1	OZ	EXTRA VIRGIN OLIVE OIL	1	OZ
1	TABLSP	SLICED GARLIC	0.3	OZ
1	OZ	SUNDRIED TOMATOES	1	OZ
1	OZ	BALSAMIC VINEGAR	1	OZ
6	OZ	ROASTED CHICKEN STOCK	6	OZ
2	OZ	GOAT CHEESE	2	OZ
1	TABLSP	CHOPPED FRESH HERBS	0.04	OZ
2	TABLSP	TOASTED PINE NUTS	0.4	OZ
3	EACH	BROCCOLI SPEARS	0.1	BUNCH
8	OZ	FUSILLI (COOKED)	8	OZ
1	PINCH	SALT	0.04	OZ
1	PINCH	GROUND BLACK PEPPER	0.04	OZ
1	OZ	GARLIC BUTTER	1	OZ

Procedure: IN A HOT SAUTE PAN HEAT OIL & RENDER GARLIC FURTHER UNTIL GOLDEN BROWN,ADD CHICKEN & SUNDRIED TOMATOES SAUTE FEW SECONDS AND GLAZE PAN WITH BALSAMIC VINEGAR, ..REDUCE ADD RSTD CHICKEN STOCK & SIMMER WHEN SAUCE IS REDUCED ADD 1 OZ GOAT CHEESE,GARLIC BUTTER, FRESH HERBS,SALT & PEPPER.. STEAM BROCCOLI & PLACE IN A PASTA BOWL IN TRIANGULAR POINTS TOSS HOT PASTA WITH THE SAUCE GARNISH AN ADDITIONAL OZ OF GOAT CHEESE BALL & PINE NUTS....