



**TEAM FOUR**  
FOODSERVICE



## Gluten Free Fettucine Spring Pasta

Yield: 10 portions

### *Ingredients:*

20 oz. Barilla® gluten free fettucine  
1 Lb. Chicken breast, diced  
5 Tbsp. Extra virgin olive oil  
3 Pts. Cherry tomatoes, halved  
3 Garlic cloves, crushed  
3 Zucchini, diced  
4 Multi-colored carrots, sliced on bias  
1 lb. Asparagus, sliced on bias  
½ cup fava beans, frozen/peeled  
1 cup artichoke hearts, quartered  
½ cup pecorino romano (grated)  
Salt & black pepper to taste

### *Directions:*

1. Preheat oven to 375° f.
2. Mix 1 tbsp. of olive oil with tomatoes, salt and pepper. Place on a sheet tray and roast in the oven for 8-10 min.
3. Meanwhile, bring a pot of water to a boil and cook pasta according to package directions. Reserve 2 cups of pasta cooking water.
4. In a skillet over medium/high heat add remaining oil and chicken. Cook for 3-4 min.
5. Add garlic, zucchini, carrots, fava beans, asparagus, and artichokes, cooking an additional 2-3 min.
6. Add 1 ½ cup of cooking water to the chicken/vegetable mixture.
7. Drain pasta and add to the sauce with tomatoes and ½ of the cheese.
8. Mix well. Add remaining pasta water if necessary.
9. Garnish with remaining cheese.

Recipe and photo courtesy of Barilla