

RECIPE



Tuscan Chicken Spaghetti – My Signature Pasta Creation. This dish is everything—rich, rustic, and deeply flavorful thanks to my homemade Italian Sofrito. It's the kind of meal that comforts your soul, nourishes your body, and impresses anyone lucky enough to share it with you.

What makes it special? The juicy lemony chicken, the velvety tomato-based sauce, and the elegant finish of Parmigiano Reggiano (or nutritional yeast if you prefer dairy-free). Simple ingredients. Bold flavor. Pure love.

Tuscan Chicken Spaghetti

Ingredients

Serves: 4-5

For the Chicken:

- 1 lb chicken tenders, silver line removed
- 2 Tbsp. plain Cocoyo yogurt (or Greek yogurt)
- 1 tsp. salt
- Pinch of pepper
- Zest of 1 lemon

For the Pasta:

- 8 oz gluten-free spaghetti (I use lentil and quinoa-based pasta)
- Water + ½ tsp salt (for boiling)

For the Sauce:

- 2 Tbsp. olive oil
- 1 Tbsp. minced garlic
- ¼ tsp. red pepper flakes
- 1 cup Italian Sofrito (see “Essential Kitchen Staples”)
- 2 cups canned diced tomatoes (with liquid)

Yours to Artful Eating,

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1 tsp. salt

⅓ cup finely shredded Parmigiano Reggiano (or 2 Tbsp. nutritional yeast)

2 Tbsp. chopped fresh basil

Instructions:

Season the chicken:

In a bowl, mix chicken tenders with yogurt, salt, pepper, and lemon zest. Let marinate while cooking the pasta and preparing the sauce.

Cook the pasta:

Bring a large pot of salted water to a boil. Cook spaghetti according to package directions. Drain and reserve ½ cup of the cooking water.

Sear the chicken and prepare the sauce:

In a large sauté pan, sear the chicken over medium-high heat just until golden (not fully cooked). Remove and set aside.

In the same pan, heat olive oil. Sauté garlic and red pepper flakes until fragrant (about 1 minute). Add Italian sofrito, diced tomatoes, and salt. Stir and simmer for 5 minutes.

Roughly shred or cut the chicken into smaller pieces. Return to the pan and stir into the sauce. Add basil and cheese (or nutritional yeast).

Finish the dish:

Add the cooked spaghetti. If the sauce feels too thick, pour in a bit of the reserved pasta water. Toss everything well. Taste and adjust seasoning as needed.

Plate into deep individual bowls. Top with extra basil for a fresh and beautiful finish.

Chef's Tip: This sauce tastes even better the next day— double it and save leftovers!

Health Benefits of This Recipe:

- Made with gluten-free pasta, gentle on the gut
- Loaded with antioxidants from tomatoes, garlic, and herbs
- Contains lean protein from chicken tenders
- Supports immune health and digestion with garlic, basil, and sofrito

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