

# Chicken Fettuccini á la Orange

Serves 8

## Ingredients:

6 medium boneless skinless chicken breasts or thighs, cut into ¼ -inch strips  
1 teaspoon salt  
1 teaspoon freshly ground pepper  
4 tablespoons unsalted butter  
4 tablespoons extra-virgin olive oil  
8 garlic cloves, minced (or to taste)  
1 pound mushrooms, cut into ¼ -inch slices  
10 ounces prewashed fresh baby spinach  
1 teaspoon salt  
1 teaspoon freshly ground pepper  
2 tablespoons grated orange zest  
1 cup fresh orange juice  
1 cup chicken broth (preferably homemade)  
1 cup heavy cream  
Cornstarch and orange juice for thickening  
1 pound fettuccini  
Salt to taste  
3 tablespoons unsalted butter  
1 tablespoon extra-virgin olive oil  
Grated orange zest and lemon zest for garnish  
Sprigs of rosemary or fresh basil leaves for garnish



## Equipment Needed:

A large skillet; a large stockpot; a colander

## Directions:

Sprinkle the chicken with 1 teaspoon salt and 1 teaspoon pepper. Melt 2 tablespoons butter with 2 tablespoons olive oil in a large skillet over medium-high heat. Add the chicken and sauté for 2 to 3 minutes or just until cooked through. Remove the chicken from the skillet and set aside.

Melt 2 tablespoons butter with 2 tablespoons olive oil in the drippings in the skillet over medium heat. Add the garlic and mushrooms and sauté for 2 minutes. Add the spinach, 1 teaspoon salt, and 1 teaspoon pepper. Simmer for 2 minutes. Add 2 tablespoons orange zest, 1 cup orange juice, and the broth. Simmer for 2 minutes. Stir in the cream. Return the chicken to the skillet.

Mix a small amount of cornstarch with enough additional orange juice to form a thin paste. Stir into the chicken mixture. Simmer over medium heat until thickened to the desired consistency. Remove from the heat and keep warm.

Cook the fettuccini in boiling salted water in a large stockpot until al dente. Drain the pasta in a colander. Combine the hot pasta, 3 tablespoons butter, and 1 tablespoon olive oil in a large serving bowl and toss to coat. Add the chicken mixture and toss to mix. Garnish with additional orange zest, lemon zest, and sprigs of rosemary.

**Note:**

The beauty of this recipe is that every step takes just 2 minutes. For variety, try it with shrimp instead of chicken.

Recipe from *Herbal Cookery From the Kitchens and Gardens of the St. Louis Herb Society*, The St. Louis Herb Society, 2009, page 89.