

Chicken Ragu (Serves 4)

Recipe adapted from Every Day with Rachael Ray

Ingredients:

1 pound rigatoni or other short cut pasta
3 Tbsp extra-virgin olive oil
1/4 pound pancetta, diced
1 pound boneless, skinless chicken breasts, cut into bite-size pieces
1 medium to large onion, chopped
2 to 3 sprigs of fresh rosemary, leaves stripped and finely chopped
3 to 4 garlic cloves, finely chopped
Salt & black pepper
1 carrot, peeled (or the equivalent in shredded carrots)
1 bay leaf
1/2 cup Marsala wine
1 (28 oz.) can crushed San Marzano tomatoes
Grated Parmigiano-Reggiano cheese
Handful of fresh basil leaves, torn

Directions:

1. Heat a large pot of water to a boil for the pasta. Salt the water when it boils and cook the pasta to al dente.
2. In a large skillet, heat 2 Tbsp olive oil over medium-high heat. Brown the pancetta for 3 to 4 minutes, then add another Tbsp of olive oil. Add the chicken and brown evenly for 5 to 6 minutes. Add the onions, rosemary and garlic, then season with salt and pepper. Grate the carrot with a box grater directly into the pan and stir in. Add the bay leaf and cook until the vegetables are soft, 5 to 6 minutes.
3. Add the wine to the chicken and vegetables, stir and reduce for a minute, then add the tomatoes. Simmer for a few minutes to thicken the sauce and combine the flavors.
4. Drain the pasta and toss with the chicken ragu and cheese. Discard the bay leaf. Garnish with some torn basil.

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