Chicken Scampi

Scampi Sauce Ingredients:

- 3 Tbls. Butter
- 2 Tbls. Minced white onion
- ¼ c. Minced garlic (8 to 12 cloves)
- 1 ½ Chablis wine
- ½ tsp salt
- ½ tsp Italian seasoning
- ½ tsp crushed red pepper flakes
- ¼ tsp ground black pepper
- 2 tsp minced fresh parsley
- 1 cup heavy cream

Additional Ingredients:

- 5-6 quarts water
- 16 oz. angel hair pasta
- 4 Tbls. Olive oil
- 12 chicken tenderloins
- ½ c. flour
- ½ c. minced garlic (8 to 12 cloves)
- 1 each of green, red, yellow pepper (sliced into thick strips)
- 1 chopped red onion
- 2 tsp minced fresh parsley

Directions:

1. Make scampi sauce by melting butter in a preheated pan over medium/low heat. Add 2 Tbls. Minced white onions and sauté for 2-4 mins. Or until the onion begins to brown. If the butter begins to burn, turn down the heat. When the onion is beginning to brown, add the minced garlic and sauté for another 30 secs. Add the wine, salt Italian seasoning, red pepper flakes and black pepper and bring mixture to a simmer. Simmer for approximately 15-18 mins or until the sauce has reduced by half. Add parsley and heavy cream and simmer uncovered for about 10 mins. DO NOT let mixture reach a boil.

2. Bring 4 quarts of water to a boil in a large pot. Add the angel hair pasta and cook for about 4 mins. Or until pasta is al dente, or mostly tender with just a slight toughness. Drain the pasta in a colander or sieve when done, then hit it with some cold water to prevent sticking and to keep it from cooking further.

3. If preparing all four servings, preheat the oil in 2 large skillets over medium heat (if making just 2 servings, you’ll need only one skillet and half of the total ingredients—save the rest for another meal). Lightly salt and pepper the chicken tenderloins, then coat each one in the flour that has been measured into a large bowl. Arrange all of the coated tenderloins on a plate before sautéing 6 tenderloins in a pan. Cook the tenderloins for 3-5mins on each side or until golden brown.

4. When the chicken is brown on one side, flip each of the pieces, and move them to the side of the pans then add an even amount of the sliced peppers and chopped onion to the center of the skillet. Continue cooking the chicken and vegetables for 4-6mins. Or until the chicken is browned and the veggies are beginning to brown on the edges.

5. Divide the scampi sauce in half and pour it over the chicken and other ingredients in each pan. Add 2 portions of pasta to each pan, then toss everything a bit and continue to cook for a couple minutes or until the pasta is heated through. Prepare each dish by serving equal amounts of pasta onto each of four plates. Use a spoon or tongs to add the peppers and onion on top of each pile of pasta. Arrange three chicken tenderloins onto the center of the pasta.

6. Sprinkle each plate with about ½ tsp of fresh parsley and serve it up with freshly grated Parmesan cheese if desired.