



Jerk Chicken Pasta

6 - 4 oz chicken breast
3 tbsp jerk seasoning
salt and pepper to taste
1/4 cup vegetable oil
3 tbsp garlic, chopped
1/2 cup sundried tomatoes,
julienne cut
2 cups Portobello mushrooms,
julienne cut
2 1/2 cups baby spinach
3/4 qt heavy cream
1 cup Parmesan cheese
1/2 cup fresh basil, chopped
5 cups penne pasta,
cooked and cooled

1. Marinate chicken with jerk seasoning, salt and pepper, and a touch of vegetable oil.
2. Grill, cool, slice and set aside chicken (Can be done a day ahead).
3. Heat sauté pan on medium heat, add some vegetable oil, then begin by adding sliced chicken, garlic, salt, pepper and jerk seasoning to taste.
4. Add sundried tomatoes, mushrooms and spinach, Sauté for 5 minutes.
5. Add the cream, half the Parmesan cheese and half the basil.
6. Once the sauce begins to thicken, gently toss in the pasta until it is completely and evenly covered.
7. Check for correct seasoning.
8. Plate pasta and garnish with the remaining cheese and basil.