



Pasta with Lemon, Capers, and Chicken

Prep Time: 20 minutes
Cook Time: 10 minutes
Yield: 8 Servings

INGREDIENTS

Bucatini Pasta (Semolina): 2 packages (1 lb each)

Chicken breasts (boneless, skinless): 4 medium, sliced into thin strips

Capers: 1/4 cup, drained

Lemon: 2 large lemons (zested and juiced)

Fresh parsley: 1 cup, chopped

Red pepper flakes: 1 tsp (adjust to taste)

Parmesan cheese: 1/2 cup, freshly grated

Vegan Parmesan cheese: 1/2 cup, grated (for vegan option)

Fresh garlic: 6 cloves, minced

Extra virgin olive oil: 1/2 cup (divided)

Salt: To taste

Freshly ground black pepper: To taste

DIRECTIONS

1. Cook the Pasta:

In a large pot, bring salted water to a boil. Add the Bucatini pasta and cook according to package instructions until al dente (about 8-10 minutes). Reserve 1 cup of pasta water before draining the pasta.

2. Cook the Chicken:

While the pasta is cooking, season the chicken strips with salt and pepper.

Heat 2 tablespoons of olive oil in a large skillet over medium heat. Add the chicken strips and cook for about 4-6 minutes per side, or until golden brown and cooked through.

Remove the chicken from the skillet and set aside on a plate.

3. Prepare the Sauce:

In the same skillet, heat the remaining olive oil (about 2 tablespoons) over medium heat. Add the minced garlic and cook until fragrant, about 1-2 minutes (be careful not to brown the garlic).

Stir in the capers, lemon zest, and red pepper flakes, and cook for another minute.

4. Combine Pasta and Sauce:

Once the pasta is drained, add it to the skillet with the garlic, capers, and lemon mixture.

Toss the pasta to coat it evenly, adding reserved pasta water a little at a time until the sauce lightly coats the pasta (you may not need the full cup of water).





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Extra virgin olive oil: 1/2 cup (divided)

Salt: To taste

Freshly ground black pepper: To taste

DIRECTIONS

5. Add Chicken and Finish:

Slice the cooked chicken into strips and add it back into the pasta mixture.

Stir in the lemon juice, chopped parsley, and season with salt and pepper to taste.

If making a non-vegan version, stir in the Parmesan cheese at this stage.

For the vegan version, stir in the vegan Parmesan cheese.

6. Serve:

Divide the pasta among plates, top with additional chicken, sprinkle with extra parsley, and garnish with more Parmesan or Vegan Parmesan, if desired.

