

Chicken Tetrazzini

with Mushrooms, Broccoli & Parmesan Breadcrumbs

Tetrazzini is a hearty casserole of chicken, mushrooms and pasta, traditionally combined in a rich cream sauce and then baked under a layer of breadcrumbs. An American dish, tetrazzini was named for a famous Italian opera singer who frequented the hotel restaurant where it was invented. In this recipe, we're adding broccoli (quickly boiled alongside egg noodles, our pasta of choice), and swapping out cream for milk to lighten the sauce a bit. Finally, we're mixing Parmesan cheese and a little olive oil into the panko breadcrumbs for the toasty crust, topping off the casserole with extra savory flavor.



Ingredients

6 Boneless, Skinless Chicken Thighs
½ Pound Egg Noodles
1 Cup Low-Fat Milk
1 Yellow Onion
½ Pound Broccoli
½ Pound White Mushrooms

Knick Knacks

2 Tablespoons All-Purpose Flour
⅔ Cup Grated Parmesan Cheese
½ Cup Panko Breadcrumbs
1 Tablespoon Tetrazzini Spice Blend
(Sweet Paprika, Whole Oregano, Garlic Powder, Ground Nutmeg & Whole Thyme)

Makes 4 Servings

About 515 Calories Per Serving

Prep Time: 10 min | Cook Time: 35 to 45 min



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Cut the broccoli into small florets. Quarter the mushrooms. Peel, halve and thinly slice the onion. Chop the chicken into bite-sized pieces; place in a small baking dish or large bowl. Season the chopped chicken with salt, pepper and the **spice blend**; toss to thoroughly coat. Thoroughly wash your hands, knife and cutting board after handling the chicken.

2



Cook the noodles & broccoli:

Add the **noodles** to the pot of boiling water. Cook 2 to 4 minutes, or until slightly tender. Add the **broccoli**. Cook 1 to 2 minutes, or until the broccoli is bright green and the noodles are al dente (still slightly firm to the bite). Remove from heat. Drain thoroughly; rinse under cool water for 20 to 30 seconds to stop the cooking process. Return the cooked noodles and broccoli to the pot.

3



Start the filling:

While the noodles cook, in a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **mushrooms**. Cook, stirring occasionally, 3 to 5 minutes, or until lightly browned and softened. Add the **seasoned chicken** and **onion**. Cook, stirring occasionally, 6 to 8 minutes, or until the chicken has browned and the onion has softened; season with salt and pepper.

4



Finish the filling:

Sprinkle the **flour** into the pan of vegetables and chicken. Cook, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined. Slowly add the **milk** and **1¼ cups of water**; season with salt and pepper. Simmer, stirring frequently, 4 to 6 minutes, or until the liquid has thickened and the chicken is cooked through. Stir in **half the cheese**; season with salt and pepper to taste. Transfer to the pot of **cooked noodles and broccoli**. Stir to thoroughly combine.

5



Assemble the tetrazzini:

Transfer the **finished filling** to a large baking dish. In a bowl, combine the **breadcrumbs** and **remaining cheese**; season with salt and pepper. Stir in enough olive oil to moisten the mixture. Evenly spoon the mixture over the filling.

6



Bake & serve your dish:

Place the **tetrazzini** in the oven and bake 10 to 12 minutes, or until browned and crispy on top. Remove from the oven and let stand for 2 minutes before serving. Enjoy!