

Spaghetti Aglio e Olio

Recipe makes 6 meals

Ingredients

3 Boneless Skinless Chicken
Breasts, 8 oz each, cut in half
horizontally

15 oz Barilla Protein+ Pasta

6 large Garlic Cloves, thinly
sliced

1 C Pasta Water, reserved

1/2 C Grated Parmesan

5 Tbsp Olive Oil, divided

1 Tbsp Garlic Powder

1 tsp Onion Powder

1 tsp Crushed Pepper Flakes

1/2 tsp Smoked Paprika

Salt and Pepper to taste

Parsley for garnish



Nutrition Profile

- per meal -

Calories - 477

Fat - 17g

Carbohydrates - 45g

Protein - 40g

**Estimated Cost
Per Meal**

\$1.78

  @zachcoen

www.mindbodyandnutrition.com

Instructions

1. Start by slicing your chicken breasts in half horizontally so that you have 6 thin chicken breasts. Place them in a large mixing bowl and add in 1 Tbsp olive oil, 1 Tbsp garlic powder, 1 tsp onion powder, 1/2 tsp smoked paprika, and a little salt. Mix to coat and set aside.
2. Heat a large pan over medium-high heat and cook your chicken for about 4-5 minutes on each side, or until the chicken has a nice sear and is cooked all the way through. Once your chicken is done, remove from heat and set aside.
3. Start your pasta and cook according to the instructions on the package. When done, be sure to reserve about 1 cup of pasta water, strain the pasta, return to the pot, and set aside.
4. For your garlic oil, add 4 Tbsp (1/4 cup) of olive oil, and your sliced garlic to a pan and let it simmer on a medium-low heat. You don't want this oil to get too hot because you don't want your garlic to burn. You're essentially infusing the oil with the garlic flavor. Let this cook for about 5 minutes, stirring occasionally. After 5 minutes, stir in your crushed pepper flakes and cook for another 60 seconds.
5. When your oil is done, add it to the pot with your strained pasta and toss to coat. Slowly add in the pasta water that you reserved earlier. Add 1/2 cup grated parmesan cheese. Toss to coat. Taste, and add salt and pepper to preference.
6. Portion out your pasta, add a chicken breast to each meal, and enjoy!



Notes

- As you can see, this meal has no veggies. As always, in meals like this, adding a side of your favorite steamed or roasted veggie is recommended. A nice side salad would also go great with this dish.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.