

Chicken Marsala

TO DIE FOR CHICKEN MARSALA

COOKING: THIS IS COOKED ON A STOVE TOP

[ORIGINAL SOURCE](#)

– INGREDIENTS –

8oz. Angel Hair Pasta
4 boneless skinless chicken breasts
Plastic wrap and meat tenderizing mallet
4 -5 tablespoons flour
2 tablespoons olive oil
8 -10 ounces sliced mushrooms – (PREP)
4 cloves garlic, sliced – (PREP)
2 cups marsala wine
3 cups chicken stock
salt
pepper

**Once (PREP) Work Marked Above Complete
Time to Cook!**

xxxxxxx (UNIT 1) BOIL NOODLES xxxxxxxx

Bring water to boil

Add: Salt to taste

Add 8oz. Angel Hair Pasta

Cook to specifications on pasta box

drain, rinse,

Set aside once cooked

xxxxxxx (UNIT 2) PREPARE / COOK CHICKEN xxxxxxxx

Between 2 layers plastic wrap

Add: 4 boneless skinless chicken breasts

With a meat tenderizing mallet

Pound: all breasts until they are ¼ inch thick

Dredge: all tenderized Chicken Breasts in flour

Over medium/high heat frying pan or wok

Add: 2 tablespoons olive oil

Add: Tenderized Chicken that has been dredged in flour

Cook chicken until almost done, 3-4 minutes per side

remove chicken from frying pan, set aside

xxxxxxx (UNIT 3) (SAUCE/COMBINE) xxxxxxxx

In same pan as chicken was cooked, over med. / High heat

Add: 2 cups marsala wine to frying pan

Scape pan bottom (deglaze)

Add: 8 -10 ounces sliced mushrooms

Add: 4 cloves garlic, sliced

Add:3 cups chicken stock

Cook for about 10 minutes, or until sauce is reduced by half

Add Chicken (UNIT 2) back into pan

cook for additional 10 minutes

xxxxxxx SERVE xxxxxxxx

Split angel hair pasta (UNIT 1) evenly among 4 plates

Add 1 piece of chicken to each plate and evenly

divide and apply sauce to each plate over chicken