

THE PASTA EDIT / VOL. 001

The Silk Bowtie

40 MIN • 4 SERVINGS • FREE

THE INGREDIENTS

- 12 oz farfalle (bowtie pasta)
- 1 lb boneless skinless chicken thighs, cut into bite-size pieces
- 8 oz fully cooked smoked sausage, sliced
- 1 tbsp olive oil
- 1 tbsp unsalted butter
- 1 jar (15–16 oz) of your favorite Alfredo sauce
- 1 small red bell pepper, thinly sliced (optional)
- 2 tsp jarred minced garlic
- $\frac{1}{4}$ cup heavy cream (optional, to loosen the sauce)
- $\frac{1}{2}$ cup freshly grated Parmesan
- 1 tsp Cajun seasoning, divided
- $\frac{1}{2}$ tsp onion powder
- Black pepper and salt, to taste
- $\frac{1}{2}$ cup reserved pasta water

THE METHOD

1. Cook farfalle in salted water until al dente. Reserve $\frac{1}{2}$ cup pasta water, then drain.
2. Toss chicken with $\frac{1}{2}$ tsp Cajun seasoning and onion powder. Heat oil in a large skillet over medium-high heat and cook chicken, turning, until browned and 165°F in the center, about 6–9 minutes depending on size. Transfer to a plate.
3. Add sliced sausage to the skillet and brown for 3–4 minutes. Transfer with the chicken.
4. Reduce heat to medium. Melt butter; add bell pepper, if using, and cook 3 minutes. Add garlic and cook 30 seconds.
5. Pour in your favorite jarred Alfredo sauce and stir to pick up the browned bits from the skillet. Reduce the heat to low and warm for 3–4 minutes.
6. Stir in Parmesan, then return the chicken and sausage to the pan. Add bowties and toss until coated. If the sauce is too thick, add a splash of pasta water or the optional cream. Taste for salt and pepper.

KITCHEN NOTE — Use whichever jarred Alfredo sauce you like best. A splash of reserved pasta water helps it coat the bowties without making the dish too heavy. Cook chicken to 165°F.