



Good Food:

Good Food: Chicken Breasts with Zucchini Pappardelle

yield: Makes 4 servings

active time: 20 min

total time: 30 min

Ingredients

- 1 pound zucchini, trimmed
- 2 garlic cloves
- 4 boneless chicken breast halves with skin (1 1/2 pounds)
- 1 tablespoon olive oil
- 2 tablespoons water
- 1 cup torn basil leaves

- Equipment: an adjustable-blade slicer
- Accompaniment: lemon wedges

Preparation

Shave zucchini lengthwise (1/8 inch thick) with slicer and put in a large bowl. Thinly slice garlic and reserve separately.

Pat chicken dry, then cut crosswise into thirds. Season all over with 3/4 teaspoon salt and 1/2 teaspoon pepper. Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Sauté chicken in batches, skin side down first, until browned and just cooked through, 8 to 14 minutes total. Add chicken to zucchini.

Add garlic to skillet and cook, stirring, until pale golden, about 1 minute. Add water and scrape up any brown bits, then drizzle over chicken. Add basil and 1/4 teaspoon salt to bowl and toss until zucchini wilts slightly. Season with salt and pepper.