



LEMON ARTICHOKE PASTA with grilled chicken

SERVES: 6



INGREDIENTS

- 1 small lemon
- 12 oz (350 g) uncooked spaghetti, broken in half
- 4 cups (1 L) unsalted chicken stock
- 12 oz (350 g) boneless, skinless chicken breasts
- 1 can (14 oz or 398 mL) quartered artichoke hearts in water
- 1 cup (250 mL) loosely packed fresh parsley
- ¼ cup (50 mL) plus 2–3 tbsp (30–45 mL) olive oil
- 2½ tsp (12 mL) **Lemon Pepper Rub**
- 4 garlic cloves
- 2 oz (60 g) fresh Parmesan cheese (½ cup/125 mL grated)
- 2 medium zucchini
- Salt and pepper (optional)

1. Use the **Citrus Press** to juice lemon into a **1-cup (250-mL) Prep Bowl**. Use the **Measuring Spoon Set** to measure 2 tbsp (30 mL) of juice and add to **Rockcrok® Dutch Oven** or **Deep Covered Baker**. Break 12 oz (350 g) of spaghetti in half and add it to the Dutch oven or baker. Use the **Small Batter Bowl** to add 4 cups (1 L) of stock to the Dutch oven or baker; stir with the **Small Mix 'N Scraper®**. Microwave, covered, on HIGH for 8 minutes.
2. Use the **Silicone Oven Mitt Set** to carefully remove the Dutch oven or baker from the microwave to a **Stackable Cooling Rack**; stir and return it to the microwave. Microwave, covered, for an additional 8 minutes, or until the pasta is tender.
3. Preheat the **Grill Pan** and **Press** over medium heat for about 5 minutes. Brush the chicken breasts with oil using the **Chef's Silicone Basting Brush**. Sprinkle both sides of the chicken with salt and pepper using the **Salt & Pepper Grinder Set**.
4. Use the **Small Chef's Tongs** to place the chicken breasts in the **Grill Pan** and cover with **Grill Press**. Grill the chicken for about 4–6 minutes per side, or until the internal temperature reaches 165°F (74°C).
5. Remove the chicken from the grill pan to the medium **Glass Mixing Bowl**. Let the chicken cool slightly. Chop the chicken with the **Salad Chopper** and set aside.
6. Drain 1 can (14 oz or 398 mL) of artichokes in the small **Stainless Steel Mesh Colander**. Process 1 cup (250 mL) of loosely packed parsley in the **Manual Food Processor** until it's finely chopped. Add the artichokes, ¼ cup (50 mL) of oil, 2½ tsp (12 mL) of rub, and 4 cloves of garlic pressed with the **Garlic Press** to the processor. Process again until the artichoke mixture is coarsely chopped, removing the lid and scraping down the sides of bowl as needed with the **Mini Skinny Scraper**.
7. Use the **Microplane® Adjustable Fine Grater** to grate 2 oz (60 g) of Parmesan over a **Small Flexible Cutting Mat** and set aside. Cut off the ends of the zucchini using a **Cutting Board** and **Utility Knife**. Use the **Julienne Peeler** to cut the zucchini into long, thin strips (avoiding the seeds) to measure 2 cups (500 mL). Cut the strips in half with a **Utility Knife**. Add the artichoke mixture, grated Parmesan, zucchini, and chopped chicken to the Dutch oven or baker. Toss with the **Large Chef's Tongs** to coat. Let stand, covered, for 5 minutes. Season with salt to taste.

COOK'S TIPS

To make this recipe vegetarian, omit the chicken and substitute unsalted vegetable stock or low-sodium vegetable broth for the unsalted chicken stock. You can substitute ¼ cup (50 mL) **Garlic-Infused Canola Oil** for the olive oil and omit the garlic.

U.S. Nutrients per serving: Calories 380, Total Fat 13 g, Saturated Fat 3 g, Cholesterol 5 mg, Sodium 500 mg, Carbohydrate 49 g, Fiber 4 g, Protein 16 g



HOST SHOPPING LIST & PRODUCT PACKING CHECKLIST

DURING THE SECOND CONTACT WITH THE HOST

Share the shopping list for recipe ingredients with your host. You can create the shopping list when you set up the cooking party on Consultant's Corner, so that it will appear in the Host Tools. Or, just copy the list below and paste it into an email.

- | | | |
|------------------------------|--|---|
| 1 lemon | 12 oz (350 g) boneless, skinless chicken breasts | 4 cups (1 L) unsalted chicken stock |
| 2 medium zucchini | Salt and pepper (optional) | 1 can (14 oz or 398 mL) quartered artichoke hearts in water |
| 4 garlic cloves | 12 oz (350 g) uncooked spaghetti | ¼ cup (50 mL) plus 2–3 tbsp (30–45 mL) olive oil |
| 1 cup (250 mL) fresh parsley | 2 oz (60 g) fresh Parmesan cheese (not pre-grated) | |

PACK UP YOUR PRODUCTS

Use this product checklist to pack your tote.

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Rockcrok® Dutch Oven or Deep Covered Baker | <input type="checkbox"/> Flexible Cutting Mat (small) | <input type="checkbox"/> Glass Mixing Bowl Set | <input type="checkbox"/> Small Batter Bowl |
| <input type="checkbox"/> Grill Pan & Press | <input type="checkbox"/> Julienne Peeler | <input type="checkbox"/> Microplane® Adjustable Fine Grater | <input type="checkbox"/> Small Chef's Tongs |
| <input type="checkbox"/> 1-cup (250-mL) Prep Bowl | <input type="checkbox"/> Large Chef's Tongs | <input type="checkbox"/> Mini Measure-All® Cup | <input type="checkbox"/> Small Mix 'N Scraper® |
| <input type="checkbox"/> Chef's Silicone Basting Brush | <input type="checkbox"/> Manual Food Processor | <input type="checkbox"/> Mini Skinny Scraper | <input type="checkbox"/> Stackable Cooling Rack |
| <input type="checkbox"/> Citrus Press | <input type="checkbox"/> Measuring Cup Set (1-cup/250-mL sizes) | <input type="checkbox"/> Pocket Thermometer | <input type="checkbox"/> Stainless Mesh Colander |
| <input type="checkbox"/> Cutting Board | <input type="checkbox"/> Measuring Spoon Set (½-tsp/2-mL, 1-tsp/5-mL, and 1-tbsp/15-mL sizes) | <input type="checkbox"/> Salad Chopper | <input type="checkbox"/> Utility Knife |
| <input type="checkbox"/> Garlic Press | | <input type="checkbox"/> Salt & Pepper Grinder Set | |
| | | <input type="checkbox"/> Silicone Oven Mitt Set | |



ADDITIONAL TOTE PACKING LIST ITEMS

- Any additional products you want to show off
- Station Cards for each recipe station
- Apron
- Laptop, smartphone, or tablet
- At least two Party Planning Folders (host packets)
- Catalogs and guest order forms
- Guest special flyer
- Drawing Slips—if you plan on doing a drawing
- Pens
- Life Tastes Great* brochures

EXPERT TIP: Include your name and contact information on all catalogs and handouts.



ARRIVE EARLY, SET UP & CONNECT WITH YOUR HOST

ARRIVE ABOUT 30 MINUTES BEFORE THE PARTY

1. Greet the host and check out where you can do recipe prep.
2. Do a quick recipe ingredient inventory. If something is missing, there's still time for the host to call a guest and ask them to bring it.
3. Unpack your tote and set up products and ingredients at the stations.
4. Confirm Wi-Fi access and password for order-taking.

STATION #1:

cook spaghetti in microwave

Recipe Ingredients:

- 1 small lemon
- 12 oz (350 g) uncooked spaghetti, broken in half
- 4 cups (1 L) unsalted chicken stock

Tools Needed:

- Rockcrok® Dutch Oven or Deep Covered Baker
- 1-cup (250-mL) Prep Bowl
- Citrus Press
- Measuring Spoon Set
- Silicone Oven Mitt Set
- Small Batter Bowl
- Small Mix 'N Scraper®
- Stackable Cooling Rack

STATION #2:

grill & dice chicken

Recipe Ingredients:

- 12 oz (350 g) boneless, skinless chicken breasts
- 2–3 tbsp (30–45 mL) olive oil
- Salt and pepper (optional)

Tools Needed:

- Grill Pan & Press
- Chef's Silicone Basting Brush
- Glass Mixing Bowl (medium)
- Salad Chopper
- Salt & Pepper Grinder Set
- Small Chef's Tongs

STATION #3:

prepare artichoke topping & finish pasta

Recipe Ingredients:

- 1 can (14 oz or 398 mL) quartered artichoke hearts in water
- 1 cup (250 mL) loosely packed fresh parsley
- ¼ cup (50 mL) olive oil
- 2½ tsp (12 mL) **Lemon Pepper Rub**
- 4 garlic cloves
- 2 oz (60 g) fresh Parmesan cheese (½ cup/125 mL grated)
- 2 medium zucchini
- Salt (optional)

Tools Needed:

- Rockcrok® Dutch Oven or Deep Covered Baker
- Cutting Board
- Garlic Press
- Julienne Peeler
- Large Chef's Tongs
- Manual Food Processor
- Microplane® Adjustable Fine Grater
- Mini Skinny Scraper
- Small Flexible Cutting Mat
- Stainless Steel Mesh Colander (small)
- Utility Knife



STATION #1: *cook spaghetti in microwave*

1. Use the **Citrus Press** to juice the lemon into a **1-cup (250-mL) Prep Bowl**. Use the **Measuring Spoon Set** to measure 2 tbsp (30 mL) of juice and add it to **Rockcrok® Dutch Oven** or **Deep Covered Baker**. Break 12 oz (350 g) of spaghetti in half and add it to the **Dutch Oven** or **Baker**. Using the **Small Batter Bowl** add 4 cups (1 L) stock to **Dutch Oven** or **Baker**; stir with the **Small Mix 'N Scraper®**. Microwave, covered, on HIGH for 8 minutes.
2. Use the **Silicone Oven Mitt Set** to carefully remove the **Dutch Oven** or **Baker** from the microwave to a **Stackable Cooling Rack**; stir and return it to the microwave. Microwave, covered, for an additional 8 minutes, or until the pasta is tender.



STATION #2: *grill & dice chicken*

1. Preheat the **Grill Pan** and **Press** over medium heat for about 5 minutes. Brush the chicken breasts with oil using the **Chef's Silicone Basting Brush**. Sprinkle both sides of the chicken with salt and pepper using the **Salt & Pepper Grinder Set**.
2. Use the **Small Chef's Tongs** to place the chicken breasts in the **Grill Pan** and cover with the **Grill Press**. Grill the chicken for about 4–6 minutes per side, or until the internal temperature reaches 165°F (74°C).
3. Remove the chicken from the pan to the medium **Glass Mixing Bowl**. Let the chicken cool slightly. Chop the chicken with the **Salad Chopper** and set aside.



STATION #3: *prepare artichoke topping & finish pasta*

Make the artichoke and parsley topping:

1. Drain 1 can (14 oz or 398 mL) of artichokes in the small **Stainless Steel Mesh Colander**. Process 1 cup (250 mL) of loosely packed parsley in the **Manual Food Processor** until it's finely chopped.
2. Add the artichokes, ¼ cup (50 mL) of olive oil, 2½ tsp (12 mL) of rub, and 4 cloves of garlic pressed with the **Garlic Press** to the processor. Process again until the artichoke mixture is coarsely chopped, removing the lid and scraping down the sides of the bowl as needed with the **Mini Skinny Scraper**.

Grate the Parmesan cheese and julienne the zucchini:

3. Use the **Microplane® Adjustable Fine Grater** to grate 2 oz (60 g) of Parmesan over a **Small Flexible Cutting Mat**; set aside.
4. Cut off the ends of the zucchini using a **Cutting Board** and **Utility Knife**. Use the **Julienne Peeler** to cut the zucchini into long, thin strips (avoiding the seeds) to measure 2 cups (500 mL). Cut the strips in half with a **Utility Knife**. Add the artichoke mixture, grated Parmesan, zucchini, and chopped chicken to the **Dutch oven** or **Baker**. Toss to coat with **Large Chef's Tongs**. Let stand, covered, for 5 minutes. Season with salt to taste.