



UCOOK

Sensational Chicken Scampi Pasta

with grated Italian-style cheese & fresh basil

It's Italy on a plate! A buttery, garlicky sauce, rounded with the crispness of white wine and zestiness of lemon juice, coat al dente spaghetti and special spiced-flour chicken strips, pan-fried until golden. Finished with fresh basil and Italian-style grated hard cheese, this scampi recipe doesn't skimp on flavour, Chef.

Hands-on Time: 30 minutes

Overall Time: 30 minutes

Serves: 3 People

Chef: Kate Gomba

Simple & Save



Deetlefs Wine Estate | Deetlefs Stonecross
Sauvignon Blanc

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Ingredients & Prep

300g	Spaghetti
450g	Free-range Chicken Mini Fillets
120ml	Rub & Flour <i>(90ml Cake Flour & 30ml NOMU Italian Rub)</i>
2	Garlic Cloves <i>peel & grate</i>
150ml	White Wine
45ml	Lemon Juice
15g	Fresh Parsley <i>rinse, pick & finely chop</i>
125ml	Grated Italian-style Hard Cheese
8g	Fresh Basil <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. COOK THE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

2. CHICKEN Place a pan over medium heat with a drizzle of oil and a knob of butter. Pat the chicken dry with paper towel, coat in the rub & flour, and season. When hot, fry the chicken strips until golden but not cooked through, 1-2 minutes per side. Remove from the pan.

3. SAUCE Return the pan with 60g of butter to medium heat. Add the grated garlic and fry until fragrant, 30-60 seconds. Deglaze the pan with the wine and cook until almost evaporated. Pour in the lemon juice and 300ml of the reserved pasta water. Add the chopped parsley and the browned chicken, and simmer until cooked through, 2-3 minutes.

4. JUST BEFORE SERVING Add the cooked pasta to the pan. Mix until combined. Add a generous drizzle of olive oil and season.

5. TIME TO EAT Bowl up the chicken pasta, sprinkle over the cheese, and garnish with the rinsed basil. Well done, Chef!

Nutritional Information

Per 100g

Energy	864kJ
Energy	207kcal
Protein	16g
Carbs	25g
of which sugars	1.1g
Fibre	1.3g
Fat	3.4g
of which saturated	1.2g
Sodium	116mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Alcohol, Cow's Milk

Eat
Within
3 Days