



UCCOOK

Muratie's Creamy Chicken Pasta

with Italian-style hard cheese & balsamic reduction

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Quick & Easy: Serves 3 & 4

Chef: Muratie Winery

Wine Pairing: Muratie Wine Estate | Muratie Laurens
Campher Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	656kJ	3594kJ
Energy	157kcal	860kcal
Protein	10.9g	59.8g
Carbs	17g	93g
of which sugars	4.4g	24g
Fibre	1.6g	9g
Fat	4.9g	26.6g
of which saturated	2.4g	13.2g
Sodium	113mg	618mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Free-range Chicken Breasts
2	2	Onions <i>peel & finely slice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Dried Oregano
30ml	40ml	Chicken Spice <i>(15ml [20ml] Dried Chili Flakes & 30ml [40ml] NOMU Poultry Rub)</i>
300g	400g	Fresh Unicorn Pasta
90ml	120ml	Tomato Paste
125ml	160ml	Crème Fraîche
60g	80g	Spinach <i>rinse</i>
120ml	160ml	Grated Italian-style Hard Cheese
30ml	40ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

Paper Towel

Sugar/Sweetener/Honey

1. GOLDEN CHICKEN Boil the kettle. Place a pan, large enough for the pasta, over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and cut into bite-sized pieces. When hot, fry the chicken until golden and cooked through, 5-6 minutes (shifting as it browns). Season, remove from the pan and set aside.

2. FLAVOURS OF ITALY Return the pan to medium heat with a drizzle of oil (if necessary). Fry the onion until soft, 4-5 minutes (shifting occasionally). Add the garlic, the oregano and the chicken spice and fry until fragrant, 2-3 minutes (shifting constantly).

3. PERFECT PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 1-2 minutes. Drain, reserving 300ml [400ml] of pasta water. Toss through a drizzle of olive oil and set aside.

4. ALL TOGETHER NOW Once the onions are soft and fragrant, reduce the heat slightly and add the tomato paste and simmer for 1-2 minutes, stirring occasionally. Add the chicken, the crème fraîche, a sweetener (to taste) and the reserved pasta water. Simmer until slightly thickened, 2-3 minutes. Remove from the heat and toss through the pasta, the spinach, and ¾ of the cheese. Loosen with a splash of water if needed. Season.

5. WHAT'S NOT TO LOVE! Dish up the creamy pasta. Drizzle over the balsamic reduction (to taste) and finish it off with a sprinkle of the remaining cheese. There you go, Chef!