



UCOOK

Zucchini & Chicken Pasta

with piquanté peppers & lemon juice

Garlicky baby marrow & butter-basted chicken dance in a zesty tango with piquanté peppers & pops of peas, harmonised by silky sour cream and a citrusy squeeze of lemon juice. This dish promises a pasta-licious fusion that will have your taste buds dancing in delight!


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Morgan Offen

 Quick & Easy

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

300g	Large Pasta Shells
2	Onions
450g	Free-range Chicken Mini Fillets
600g	Baby Marrow
2	Garlic Cloves
45g	Piquanté Peppers
30ml	NOMU Italian Rub
120g	Peas
120ml	Sour Cream
45ml	Lemon Juice

From Your Kitchen

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

1. PERFECT PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 18-20 minutes. Drain, return to the pot, and toss through a drizzle of olive oil.

2. PREPARATION STATION Peel and finely slice 1½ of the onions. Pat the chicken dry with paper towel and cut into bite-size pieces. Rinse and trim the baby marrow. Cut the baby marrow into bite-sized pieces. Peel and grate the garlic. Drain and roughly chop the peppers. Set all aside.

3. SAUTÉ THE ONION Place a pan over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the sliced onion until soft, 10-12 minutes (shifting frequently). Remove from the pan, season, and set aside.

4. BUTTERY CHICKEN Return the pan to medium heat with a drizzle of oil. When hot, fry the chicken until golden and almost cooked through, 1-2 minutes. You may need to do this step in batches. In the final minute, add all the chicken back to the pan and baste with a knob of butter and the NOMU rub. Remove from the pan with all the pan juices and add to the onions. Season and set aside.

5. GARLICKY BABY MARROW Place a clean pan over medium-high heat with a drizzle of oil. When hot, fry the baby marrow chunks until slightly charred but al dente, 4-5 minutes (shifting occasionally). In the final minute, add the grated garlic. Remove from the pan, season, and cover.

6. TOSS IT ALL TOGETHER To the pot of pasta, toss through the peas, the sour cream, the lemon juice (to taste), and the onion & chicken mixture. Season and set aside.

7. GET NOSHING! Plate up the hearty chicken pasta, scatter over the chopped peppers, and finish with the charred garlic baby marrow. Dig in, Chef!

Nutritional Information

Per 100g

Energy	495kJ
Energy	118kcal
Protein	8.5g
Carbs	16g
of which sugars	2.9g
Fibre	1.7g
Fat	2.3g
of which saturated	0.9g
Sodium	80mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days