



WCOOK

Chicken & Artichoke Pasta Bowl

with gnocchi pasta shells

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Sophie Germanier Organic | Chardonnay Organic

Nutritional Info	Per 100g	Per Portion
Energy	584kJ	2999kJ
Energy	140kcal	718kcal
Protein	11.2g	57.5g
Carbs	15.9g	81.5g
of which sugars	2.1g	10.8g
Fibre	2.3g	11.6g
Fat	3g	15.5g
of which saturated	0.8g	4g
Sodium	183.6mg	942.4mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75g	150g	Gnocchi Shell Pasta
1	2	Free-range Chicken Breast/s
10ml	20ml	NOMU Italian Rub
80g	160g	Patty Pans <i>rinse, trim & cut into bite-sized pieces</i>
50g	100g	Peas
40g	80g	Artichoke Quarters <i>drain & roughly chop</i>
30ml	60ml	Pesto Princess Red Pepper Pesto
50ml	100ml	Greek Yoghurt
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

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

2. GOLDEN CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

3. FAB VEGGIES Return the pan to medium heat with a drizzle of oil. Fry the patty pans and peas until charred, 3-4 minutes. In the final 1-2 minutes add the artichokes. Remove from the pan and season.

4. FINAL TOUCHES Once the pasta has finished cooking, mix through the pesto, the yoghurt, the charred veg, toss through the salad leaves, and season. Bowl up, top with the chicken slices, and enjoy!