



UCOOK

Shredded Chicken & Pesto Pasta

with charred baby tomatoes & fresh basil

The ultimate no-fuss & delicious pasta recipe. Pesto-laced whole wheat pasta is tossed with shredded chicken, charred baby tomatoes, onion, fresh basil & crème fraîche. Simply stunning!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Morgan Nell

 **Quick & Easy**

 **Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc 2021**

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

125g	Whole Wheat Penne Pasta
80g	Baby Tomatoes
1	Onion
3g	Fresh Basil
1	Free-range Chicken Breast
2,5ml	NOMU Italian Rub
40ml	Crème Fraîche
50ml	Pesto Princess Basil Pesto

From Your Kitchen

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

1. BUBBLE BUBBLE Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain, reserving a cup of pasta water, and toss through some oil to prevent sticking.

2. BEFORE YOU CONTINUE While the pasta is boiling, rinse and halve the baby tomatoes. Peel and thinly slice ½ the onion. Rinse and roughly tear the basil leaves.

3. SHREDDED CHICKY Pat the chicken breast dry with paper towel. Place a pan, with a lid, over a medium heat with a drizzle of oil. When hot, add the chicken and fry on one side for 5-7 minutes until golden. Flip, pop on the lid, and fry for 5-7 minutes until cooked through. During the final 1-2 minutes, baste with a knob of butter and the rub. Remove from the pan and rest for 5 minutes. On completion, use two forks (one to secure the chicken and the other to shred) and gently shred the chicken. Season and set aside.

4. ONION & TOMS Return the pan to a medium heat with a drizzle of oil. When hot, add the sliced onion and halved baby tomatoes and fry for 5-6 minutes until soft and browned, shifting occasionally. Season to taste.

5. THROW IT ALL TOGETHER In a bowl, combine the crème fraîche and the pesto. Loosen with some of the reserved pasta water. To the pot with the cooked pasta, add the shredded chicken, the browned onion & tomato, the pesto crème fraîche, ½ the torn basil, and a drizzle of olive oil. Place over a low heat for 3-4 minutes until warmed through. Season to taste. If the sauce is still too thick for your liking, loosen with some of the reserved pasta water.

6. WHAT A STUNNER! Bowl up a generous helping of the pesto pasta. Garnish with the remaining basil. Finish with a drizzle of olive oil and a crack of black pepper. All yours, Chef!



Chef's Tip

We recommend using a good quality, extra-virgin olive oil for this dish.

Nutritional Information

Per 100g

Energy	839kJ
Energy	200kcal
Protein	10.5g
Carbs	18g
of which sugars	1.9g
Fibre	2.4g
Fat	9.1g
of which saturated	3.1g
Sodium	105mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 2
Days