



UCOOK

Bright Beetroot Chicken Pappardelle

with goat's cheese, pecan nuts & fresh thyme


Fresh pasta ribbons are smothered in a perfectly pink & creamy roasted beetroot sauce with goat's cheese & roasted onion - a classic combo! Topped with chicken mini fillets that are pan-fried to perfection in an earthy basting of butter, pecan nuts & thyme. Absolutely irresistible, Chef!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Creation Wines | Creation Pinot Noir

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Ingredients & Prep

200g	Beetroot <i>rinsed, trimmed, peeled & cut into bite-sized chunks</i>
7,5ml	NOMU Provençal Rub
1	Onion <i>½ peeled & cut into wedges</i>
125g	Fresh Pappardelle Pasta
1	Garlic Clove
150g	Free-range Chicken Mini Fillets
10g	Pecan Nuts <i>roughly chopped</i>
4g	Fresh Thyme <i>rinsed, picked & roughly chopped</i>
50g	Chevin Goat's Cheese
15ml	Lemon Juice

From Your Kitchen

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

1. ROOTING FOR YOU Preheat the oven to 200°C. Place the beetroot chunks on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until cooked through and becoming crispy, 30-35 minutes (shifting halfway). Place the onion wedges in a bowl. Coat in oil and season. Set aside.

2. PERFECT PASTA Place a pot over medium-high heat and fill with salted water. When boiling, add the pasta and cook until al dente, 2-3 minutes. Drain, reserving a cup of pasta water, and toss through some oil to prevent sticking.

3. ADD THE AROMATICS When the beetroot has been roasting for 10 minutes, add the dressed onion wedges and the whole, unpeeled garlic clove to the tray with the beetroot. Roast for the remaining time.

4. THYME TO GET NUTTY Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chicken mini fillets until golden and cooked through, 1-2 minutes per side. In the final minute, baste with 30g of butter, the sunflower seeds, the chopped thyme and seasoning. Remove from the heat, reserving the pan sauce, and rest for 3 minutes.

5. BLEND THAT BEETROOT, BABY! When the veg roast is done, remove the skin from the garlic clove and place the flesh in a blender. Add ¾ of the roasted beetroot, ¾ of the goat's cheese, the roasted onion, the lemon juice to taste, and 100ml of the reserved pasta water. Blend until smooth. Add an extra splash of water if necessary. Season to taste. Add the beetroot sauce to the pot of cooked pasta and toss until coated.

6. FANCY DINNER Plate up the pink pasta. Top with the chicken, the remaining beetroot, and the remaining goat's cheese. Drizzle over the thyme & nut pan sauce. Wonderful, Chef!



Chef's Tip

Air fryer method: Coat the beetroot chunks in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 25-30 minutes. In the final 15 minutes, add the onion wedges and whole garlic clove.

Nutritional Information

Per 100g

Energy	552kj
Energy	132kcal
Protein	10g
Carbs	14g
of which sugars	1.6g
Fibre	1.8g
Fat	3.5g
of which saturated	1.5g
Sodium	125mg

Allergens

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

Cook
within 3
Days