



UCOOK

Creamy Chicken Pasta

with Italian-style hard cheese & balsamic reduction

This pasta dish boasts tender penne pasta tossed in a rich and delicious tomato & crème fraîche sauce laden with spiced chicken. Sprinkled with grated Italian-style hard cheese and fresh oregano, you'll have yourself a restaurant quality meal in no time!


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

 Fan Faves

 Vergelegen | Florence Rosé

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

Ingredients & Prep

| | |
|-------|--|
| 375g | Penne Pasta |
| 45ml | Chicken Spice <i>(15ml Dried Chilli Flakes & 30ml NOMU Poultry Rub)</i> |
| 450g | Free-range Chicken Mini Fillets |
| 2 | Onions <i>1½ peeled & finely diced</i> |
| 2 | Garlic Cloves <i>peeled & grated</i> |
| 30ml | Lemon Juice |
| 125ml | Tomato Paste |
| 125ml | Crème Fraîche |
| 60g | Spinach <i>rinsed</i> |
| 120g | Italian-style Hard Cheese <i>grated</i> |
| 12g | Fresh Oregano <i>rinsed, picked & finely chopped</i> |
| 30ml | Balsamic Reduction |

From Your Kitchen

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

1. PENNE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving 200ml of pasta water, and toss through a small drizzle of olive oil.

2. SPICED CHICKEN Put ½ the chicken spice into a bowl and combine with a small drizzle of oil. Pat the chicken dry with paper towel and roughly slice. Toss the chicken through the spice mixture and set aside.

3. FRY IT Place a pan, large enough for the pasta, over medium heat with a drizzle of oil. When hot, fry the chicken until golden and cooked through, 30-60 seconds per side. In the final minute, baste with a knob of butter. Remove from the pan, season, and set aside.

4. AROMATICS Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 4-6 minutes (shifting occasionally). Add the grated garlic and the remaining chicken spice and fry until fragrant, 1-2 minutes (shifting constantly).

5. THE SAUCE Once the garlic is fragrant, add the tomato paste, the reserved pasta water, lemon juice, and the crème fraîche to the pan. Simmer until thickened, 2-4 minutes (stirring occasionally). Add an extra splash of water if the sauce reduces too quickly. Stir through the rinsed spinach leaves until wilted, 2-3 minutes. Remove from the heat and stir through a knob of butter, the cooked chicken, ½ the grated cheese, ½ the chopped oregano, the cooked pasta, and seasoning.

6. BELLISSIMA! Plate up a hearty plate of the creamy chicken pasta. Sprinkle over the remaining oregano and grated cheese. Drizzle with the balsamic reduction (to taste) to finish. Buon Appetito!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 853kJ |
| Energy | 204kcal |
| Protein | 12.7g |
| Carbs | 24g |
| of which sugars | 4.6g |
| Fibre | 2g |
| Fat | 6.3g |
| of which saturated | 3.1g |
| Sodium | 128mg |

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days