



# UCOOK

## Olive, Chicken & Thyme Pasta

with **NOMU Italian Rub**

Olive your culinary dreams will come true with this dish, Chef! Simplicity is seamlessly blended with beautiful flavours to ensure a memorable dining experience after an easy cook in the kitchen. Al dente linguine strands are dotted with browned chicken mince, briny olives, & silky onion, all coated in thyme-infused tomato sauce.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Simple & Save

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Deetlefs Wine Estate | Deetlefs Stonecross  
Chardonnay

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## Ingredients & Prep

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100g	Linguine Pasta
150g	Free-range Chicken Mince
1	Onion <i>peel &amp; roughly chop</i>
1	Garlic Clove <i>peel &amp; grate</i>
3g	Fresh Thyme <i>rinse</i>
10ml	NOMU Italian Rub
100g	Cooked Chopped Tomato
20g	Pitted Kalamata Olives <i>drain &amp; roughly chop</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. PASTA** 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. MINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally).

**3. SAUCY** Add the chopped onions to the pan and fry until soft, 4-5 minutes. Add the grated garlic, the rinsed thyme, and the NOMU rub. Fry until fragrant, 1-2 minutes. Mix in the cooked chopped tomato and 150ml of water. Simmer until slightly thickening, 10-12 minutes. Remove from the heat, add a sweetener (to taste), and seasoning. Discard the thyme sprigs just before serving.

**4. DINNER IS READY** Bowl up the pasta, top with the saucy chicken mince, and scatter over the chopped olives. Enjoy, Chef!

## Nutritional Information

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Per 100g

Energy	583kj
Energy	139kcal
Protein	8g
Carbs	19g
of which sugars	2.9g
Fibre	1.8g
Fat	3.2g
of which saturated	0.7g
Sodium	160mg

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## Allergens

Gluten, Allium, Wheat, Sulphites

Eat  
Within  
1 Day