



UCCOOK

Sensational Chicken Pasta

with grated Italian-style cheese

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterkloof | False Bay Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	852kJ	3097kJ
Energy	204kcal	741kcal
Protein	15.7g	57g
Carbs	25g	91g
of which sugars	1.3g	4.7g
Fibre	1.4g	5g
Fat	3.4g	12.2g
of which saturated	1.2g	4.4g
Sodium	209mg	1501mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Alcohol, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Spaghetti
150g	300g	Free-range Chicken Mini Fillets
40ml	80ml	Rub & Flour <i>(30ml [60ml] Cake Flour & 10ml [20ml] NOMU Italian Rub)</i>
1	1	Garlic Clove <i>peel & grate</i>
50ml	100ml	White Wine
15ml	30ml	Lemon Juice
5g	10g	Fresh Parsley <i>rinse, pick & finely chop</i>
40ml	80ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

- 1. COOK THE PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.
- 2. CHICKEN** Place a pan over medium heat with a drizzle of oil and a knob of butter. Pat the chicken dry with paper towel. Coat in the rub and flour, and season. When hot, fry the chicken strips until golden but not cooked through, 1-2 minutes per side. Remove from the pan.
- 3. SAUCE** Return the pan with 20g [40g] of butter to medium heat. Fry the garlic until fragrant, 30-60 seconds. Deglaze the pan with the wine and cook until almost evaporated. Pour in the lemon juice and 100ml [200ml] of the reserved pasta water. Add the parsley and the browned chicken, and simmer until cooked through, 1-2 minutes.
- 4. JUST BEFORE SERVING** Add the cooked pasta to the pan. Mix until combined. Add a generous drizzle of olive oil and season.
- 5. TIME TO EAT** Bowl up the chicken pasta and sprinkle over the cheese. Well done, Chef!