



UCOOK

Saucy Chicken Puttanesca Pasta

with multigrain fusilli, kalamata olives & nutritional yeast

The famous puttanesca pasta! Packed with olives, garlic and capers, this pasta sauce is paired with multigrain fusilli. In our version, chicken breasts are braised to tender perfection in the glorious puttanesca sauce.

Hands-On Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Ella Nasser

♥ Health Nut

🍷 Robertson Winery | Extra Light Merlot

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Ingredients & Prep

1	Free-range Chicken Breast
5ml	NOMU Italian Rub
80g	Multigrain Fusilli
1	Garlic Clove <i>peeled & grated</i>
15g	Capers <i>drained</i>
2,5ml	Dried Chilli Flakes
125ml	Tomato Passata
20g	Pitted Kalamata Olives <i>halved</i>
5ml	Nutritional Yeast
3g	Fresh Basil <i>rinsed & finely sliced</i>

From Your Kitchen

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

1. ITALIAN CHICKEN Boil the kettle. Place a pan (that has a lid) over a medium heat with a drizzle of oil. Pat the chicken breast dry with some paper towel. When the pan is hot, fry the chicken on one side for 5-7 minutes until golden. Flip, pop on the lid, and fry for a further 5-7 minutes until cooked through. During the final 1-2 minutes, baste with a knob of butter or a drizzle of oil and ½ the rub. Remove from the heat on completion and place on a cutting board. Using two forks (one to secure the chicken and the other to shred), gently shred the chicken and set aside.

2. MAKE IT AL DENTE Fill a pot with boiling water, add a pinch of salt, and place over a high heat. Once bubbling rapidly, add a drizzle of oil and cook the pasta for 13-15 minutes until al dente. Keep stirring for the first 3 minutes to prevent sticking, then stir sporadically during the remaining cooking time. Drain on completion, reserving a cup of pasta water, and return to the pot. Toss through some oil to prevent sticking.

3. FLAVOUR TOWN Return the pan to a medium heat with a drizzle of oil. When hot, add the grated garlic, the capers, the chilli flakes (to taste), and the remaining rub. Fry for 1-2 minutes until fragrant, shifting constantly. Add the tomato passata and the pitted olives. Mix until fully combined. Simmer for 10-15 minutes until slightly reduced and thickened. Add a splash of pasta water if the sauce reduces too quickly. In the final 5 minutes, add the shredded chicken and some seasoning.

4. PUTT THAT PUTTANESCA ON MY PLATE Plate up the pasta and top with the puttanesca sauce. Sprinkle with the nutritional yeast and the sliced basil.



Chef's Tip

Cooking pasta in salted water allows it to absorb the salt, enhancing its flavour, because the salt is dispersed throughout the dish and not just on the surface of the pasta, so you get a better end result!

Nutritional Information

Per 100g

Energy	571kJ
Energy	136Kcal
Protein	12.2g
Carbs	16g
of which sugars	2.5g
Fibre	2.8g
Fat	2.1g
of which saturated	0.5g
Sodium	251mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within 3
Days