

UCCOOK

Tuscan Chicken Pasta

with salty olives & crumbled feta

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Calorie Conscious: Serves 3 & 4

Chef: Lauren Nel

Nutritional Info

	Per 100g	Per Portion
Energy	367kJ	2040kJ
Energy	88kcal	488kcal
Protein	8.4g	46.7g
Carbs	8g	43g
of which sugars	2g	10g
Fibre	1g	8g
Fat	2.4g	13.5g
of which saturated	0.9g	5.2g
Sodium	127mg	708mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
90g	120g	Penne Pasta
450g	600g	Free-range Chicken Mini Fillets
15ml	20ml	NOMU Italian Rub
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into bite-sized pieces</i>
240g	320g	Baby Tomatoes <i>rinse & cut in half</i>
30ml	40ml	Tomato Paste
120g	160g	Spinach <i>rinse</i>
60g	80g	Pitted Kalamata Olives <i>drain & roughly chop</i>
60g	80g	Danish-style Feta <i>drain</i>

From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

1. PASTA LA VISTA 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 rinse in cold water.

2. OM NOM NOMU CHICKEN Place a pan over medium heat. Pat the chicken dry with paper towel and lightly coat with cooking spray or oil (optional), and the NOMU rub. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.

3. RICH TOMATO & VEG SAUCE Return the pan to medium heat. When hot, add the onion, pepper, and ¾ of the tomatoes, and lightly coat with cooking spray or oil (optional). Fry until golden, 6-7 minutes (shifting occasionally). Add the tomato paste and fry until fragrant, 1-2 minutes. Deglaze the pan with the pasta water in 50ml increments and simmer until your desired consistency, 2-3 minutes. Remove from the heat and mix through the spinach, chicken and seasoning.

4. IT'S BETTER TOGETHER Bowl up the pasta and spoon over the tomato sauce. Scatter over the olives, and crumble over the feta.