

# UCCOOK

## Feta Chicken Bites

with feta cheese & spinach

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Jade Summers

**Wine Pairing:** Nitída | Sauvignon Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 575kJ    | 3382kJ      |
| Energy             | 137kcal  | 809kcal     |
| Protein            | 8.3g     | 48.6g       |
| Carbs              | 17.8g    | 104.6g      |
| of which sugars    | 2.7g     | 15.7g       |
| Fibre              | 1.7g     | 10.3g       |
| Fat                | 3.5g     | 20.3g       |
| of which saturated | 1.2g     | 7.3g        |
| Sodium             | 236mg    | 1391mg      |

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

**Spice Level:** None

Eat Within 1 Day



## Ingredients & Prep Actions:

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|          |            |  |
|----------|------------|--|
| Serves 3 | [Serves 4] |  |
| 300g     | 400g       | Penne Pasta  |
| 450g     | 600g       | Free-range Chicken Mince   |
| 2        | 2          | Onions<br><i>peel &amp; finely dice 1½ [2]</i>   |
| 60g      | 80g        | Danish-style Feta<br><i>drain</i>  |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>   |
| 300g     | 400g       | Cooked Chopped Tomato  |
| 45ml     | 60ml       | NOMU Spice Blend<br><i>(15ml [20ml] NOMU Italian Rub &amp; 30ml [40ml] NOMU One For All Rub)</i> |
| 150g     | 200g       | Spinach<br><i>rinse</i>  |

## From Your Kitchen

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Seasoning (salt & pepper)

Water

Oil (cooking, olive or coconut)

Sugar/Sweetener/Honey

- 1. AL DENTE 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. MMMINCE** In a bowl, combine the mince, ½ the onion (to taste), and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Stuff each meatball with a cube of feta. Set aside.
- 3. MAKE THE MEATBALLS** Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan.
- 4. TASTY TOMATO SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the remaining onion until soft, 4-5 minutes. Add the garlic and fry until fragrant, 1-2 minutes. Pour in the chopped tomatoes, the NOMU spice blend, 450ml [600ml] of water and a sweetener (to taste). Simmer until thickened, 12-15 minutes. Remove the pan from the heat and mix through the spinach.
- 5. LOOK AT THAT!** Dish up the pasta, and top with the tomato sauce, and the stuffed meatballs. Crumble over any remaining feta.