



UCCOOK

Spinach & Artichoke Chicken Pasta

with Italian-style hard cheese

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Painted Wolf Wines | The Den Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	683kJ	3021kJ
Energy	163kcal	723kcal
Protein	12.6g	55.7g
Carbs	17g	75g
of which sugars	0.8g	3.6g
Fibre	1.2g	5.4g
Fat	4.3g	19g
of which saturated	2.3g	10.2g
Sodium	97mg	431mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Free-range Chicken Breasts
15ml	20ml	NOMU Italian Rub
3	4	Garlic Cloves
150g	200g	Artichoke Quarters <i>drain & roughly chop</i>
90ml	125ml	White Wine
150ml	200ml	Cream Cheese
375g	500g	Fresh Mafaldine Pasta
60g	80g	Spinach <i>rinse</i>
30ml	40ml	Lemon Juice
30ml	40ml	Grated Italian-style Hard Cheese
15g	20g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter
Paper Towel

1. CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning. Alternatively, coat the chicken in oil, the NOMU rub, and seasoning. Air fry at 200°C until cooked through and crispy, 10-12 minutes.

2. CREAMY MOMENT Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, add the garlic and the artichokes. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the wine and cook until almost all evaporated, 1-2 minutes. Add 300ml [400ml] of water and the cream cheese. Mix until combined and add the pasta. Simmer until the pasta is warmed through and al dente, 3-4 minutes. Add the rinsed spinach and toss until wilted, 1-2 minutes. Remove from the heat, add a drizzle of lemon juice (to taste), and season. Loosen with warm water in increments if it's too thick.

3. DINNER IS SERVED Dish up the creamy pasta, top with the chicken slices and any pan juices. Sprinkle over the cheese and the crispy onions. Well done, Chef!

Chef's Tip To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.