



U^UCOOK

Sophie Germanier's Spicy Chicken Parmigiana

with rigatoni pasta

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Sophie Germanier

Nutritional Info	Per 100g	Per Portion
Energy	684kj	3793kj
Energy	163kcal	906kcal
Protein	10g	55.3g
Carbs	21g	119g
of which sugars	2.9g	16.2g
Fibre	1.7g	9.5g
Fat	3.6g	19.9g
of which saturated	1.9g	10.4g
Sodium	189mg	1049mg

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

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Crumbed Chicken Breasts
300g	400g	Rigatoni Pasta
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
45ml	60ml	Italian Seasoning <i>(37.5ml [25ml] NOMU Rub & 7.5ml [10ml] Dried Oregano)</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
300ml	400ml	Tomato Passata
120g	160g	Emmental Cheese <i>grate</i>

From Your Kitchen

Sugar/Sweetener/Honey

Water

Seasoning (salt & pepper)

Oil (cooking, olive or coconut)

1. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 12-15 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

2. ITALIAN INSPIRATION Place a pan (with a lid and large enough for the pasta) over medium heat with a drizzle of oil. When hot, fry the onion until soft and lightly golden, 6-7 minutes. Add the Italian seasoning and the chilli (to taste). Fry until fragrant, 1-2 minutes. Pour in the tomato passata and 450ml [600ml] of the reserved pasta water. Simmer until slightly thickening, 12-15 minutes. Remove from the heat, add a sweetener (to taste), and seasoning. Mix through the pasta, top with a lid and set aside.

3. CHEESY CHICKEN Place a clean pan over medium heat with a drizzle of oil. When hot, fry the chicken until warmed through, 2-3 minutes per side. Cover the chicken with the cheese and place a lid on the pan. Cook until the cheese has melted, 3-4 minutes. Remove from the pan and slice. Alternatively, add the cheese over the chicken and air fry at 200°C until the cheese is melted and the chicken is warmed through, 5-8 minutes (shifting halfway).

4. BUONISSIMO! Bowl up the tomato pasta. Top with the cheesy chicken and dig right in, Chef!