UCOOK

Sensational Chicken Pasta

with grated Italian-style cheese

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Nitída | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	847kJ	3122kJ
Energy	203kcal	747kcal
Protein	15.8g	58.1g
Carbs	25g	91g
of which sugars	1.3g	4.7g
Fibre	1.4g	5g
Fat	3.4g	12.4g
of which saturated	1.2g	4.5g
Sodium	157mg	579mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Spaghetti
1	2	Free-range Chicken Breast/s
40ml	80ml	Rub & Flour *(30ml [60ml] Cake Flour & 10ml [20ml] NOMU Italian Rub)*
1	1	Garlic Clove *peel & grate*
50ml	100ml	White Wine
15ml	30ml	Lemon Juice
5g	10g	Fresh Parsley *rinse, pick & finely chop*
40ml	80ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. COOK THE PASTA 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 toss through a drizzle of olive oil.

2. CHICKEN Place a pan over medium heat with a drizzle of oil and a knob of butter. Pat the chicken dry with paper towel and cut into 1cm strips. Coat in the rub and flour, and season. When hot, fry the chicken strips until golden but not cooked through, 1-2 minutes per side. Remove from the pan.

3. SAUCE Return the pan with 20g [40g] of butter to medium heat. Fry the garlic until fragrant, 30-60 seconds. Deglaze the pan with the wine and cook until almost evaporated. Pour in the lemon juice and 100ml [200ml] of the reserved pasta water. Add the parsley and the browned chicken, and simmer until cooked through, 1-2 minutes.

4. JUST BEFORE SERVING Add the cooked pasta to the pan. Mix until combined. Add a generous drizzle of olive oil and season.

5. TIME TO EAT Bowl up the chicken pasta and sprinkle over the cheese. Well done, Chef!