



# UCOOK

## Zucchini & Chicken Pasta

with piquanté peppers & lemon juice

Garlicky baby marrow & butter-basted chicken dance in a zesty tango with piquanté peppers & pops of peas, harmonised by silky sour cream and a citrusy squeeze of lemon juice. This dish promises a pasta-licious fusion that will have your taste buds dancing in delight!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People


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**Chef:** Morgan Offen

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 Quick & Easy

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 Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

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## Ingredients & Prep

200g	Large Pasta Shells
1	Onion
300g	Free-range Chicken Mini Fillets
400g	Baby Marrow
1	Garlic Clove
30g	Piquanté Peppers
20ml	NOMU Italian Rub
80g	Peas
80ml	Sour Cream
30ml	Lemon Juice

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. PERFECT PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 18-20 minutes. Drain, return to the pot, and toss through a drizzle of olive oil.

**2. PREPARATION STATION** Peel and finely slice the onion. Pat the chicken dry with paper towel and cut into bite-size pieces. Rinse and trim the baby marrow. Cut the baby marrow into bite-sized pieces. Peel and grate the garlic. Drain and roughly chop the peppers. Set all aside.

**3. SAUTÉ THE ONION** Place a pan over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the sliced onion until soft, 8-10 minutes (shifting frequently). Remove from the pan, season, and set aside.

**4. BUTTERY CHICKEN** Return the pan to medium heat with a drizzle of oil. When hot, fry the chicken until golden and almost cooked through, 1-2 minutes. You may need to do this step in batches. In the final minute, add all the chicken back to the pan and baste with a knob of butter and the NOMU rub. Remove from the pan with all the pan juices and add to the onions. Season and set aside.

**5. GARLICKY BABY MARROW** Place a clean pan over medium-high heat with a drizzle of oil. When hot, fry the baby marrow chunks until slightly charred but al dente, 3-4 minutes (shifting occasionally). In the final minute, add the grated garlic. Remove from the pan, season, and cover.

**6. TOSS IT ALL TOGETHER** To the pot of pasta, toss through the peas, the sour cream, the lemon juice (to taste), and the onion & chicken mixture. Season and set aside.

**7. GET NOSHING!** Plate up the hearty chicken pasta, scatter over the chopped peppers, and finish with the charred garlic baby marrow. Dig in, Chef!

## Nutritional Information

Per 100g

Energy	495kJ
Energy	118kcal
Protein	8.5g
Carbs	16g
of which sugars	2.9g
Fibre	1.7g
Fat	2.3g
of which saturated	0.9g
Sodium	80mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days