



UCOOK

Chicken Parmesan Supreme

with rigatoni pasta & fresh oregano

In the mood for both pasta and chicken parmesan, but can't decide which one to make? Introducing the pasta-parmesan dish that will satisfy your culinary craving. Al dente rigatoni pasta is swirled with cheesy panko crumb-crusted chicken breast pieces, coated in a tangy-luscious NOMU Italian Rub-spiced sauce with a slight chilli kick. Finished with fresh oregano and a drizzle of lemon juice.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

 Bertha Wines | Bertha Shiraz 2021

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Ingredients & Prep

100g	Rigatoni Pasta
1	Free-range Chicken Breast
1	Onion <i>peel & roughly slice ½</i>
15ml	NOMU Italian Rub
1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
100ml	Tomato Passata
3g	Fresh Oregano <i>rinse & pick</i>
20ml	Cake Flour
125ml	Cheesy Panko Crumb <i>(100ml Panko Breadcrumbs & 25ml Grated Italian-style Hard Cheese)</i>
80g	Grated Mozzarella Cheese
15ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Egg/s
Cling Wrap
Paper Towel

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. CHICKEN PREP Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the chicken, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the chicken so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Season and set aside in the fridge.

3. TOMATO SAUCE Place a pan (with a lid and large enough for the pasta) over medium heat with a drizzle of oil. When hot, fry the sliced onion until soft and lightly golden, 4-5 minutes. Add the NOMU rub and the sliced chilli (to taste). Fry until fragrant, 1-2 minutes. Pour in the tomato passata and 150ml of the reserved pasta water. Simmer until slightly thickening, 8-10 minutes. Remove from the heat and add ½ the picked oregano, 5ml of sweetener, and seasoning.

4. GOLDEN CHICKEN Whisk 1 egg in a bowl. Prepare two shallow dishes: one containing the flour and one containing the cheesy panko crumb. Coat the butterflied chicken in the flour first, dusting off any excess flour. Then, coat in the whisked egg, and, lastly, the crumb. Place a pan over medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan and drain on paper towel. Cut the chicken into bite-sized pieces.

5. MELTING MOMENT Return the pan with the sauce to medium heat. Mix in the cooked pasta and ½ the crumbed chicken pieces, and sprinkle over the grated cheese. Cover with a lid until the cheese is melted, 4-5 minutes.

6. TIME TO EAT Dish up the loaded pasta. Scatter over the remaining crumbed chicken and the remaining oregano. Drizzle over the lemon juice (to taste) and enjoy, Chef!

Nutritional Information

Per 100g

Energy	741kJ
Energy	177kcal
Protein	12.7g
Carbs	21g
of which sugars	2.8g
Fibre	1.5g
Fat	4.7g
of which saturated	2.3g
Sodium	159mg

Allergens

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

Eat
Within
3 Days