



UCOOK

Chicken Scampi Pasta

with grated Italian-style cheese & fresh basil

It's Italy on a plate! A buttery, garlicky sauce, rounded with the crispness of white wine and zestiness of lemon juice, coat al dente spaghetti and special-spiced chicken strips pan fried until golden. Finished with fresh basil and Italian-style grated hard cheese, this scampi recipe doesn't skimp on flavour, Chef.


Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

 Simple & Save

 Stettyn Wines | Stettyn Family Range Rosé Chardonnay Pinot Noir 2023

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

100g	Spaghetti
150g	Free-range Chicken Mini Fillets
40ml	Rub & Flour <i>(30ml Cake Flour & 10ml NOMU Italian Rub)</i>
1	Garlic Clove <i>peel & grate</i>
50ml	White Wine
15ml	Lemon Juice
5g	Fresh Parsley <i>rinse, pick & finely chop</i>
30ml	Grated Italian-style Hard Cheese
3g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

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

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, coat in the rub & 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 to medium heat with 20g of butter. Add the grated garlic and fry until fragrant, 30-60 seconds. Deglaze the pan with the wine and cook until almost evaporated. Pour in the lemon juice and 100ml of the reserved pasta water. Add the chopped parsley and the 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, sprinkle over the cheese, and garnish with the rinsed basil leaves. Well done, Chef!

Nutritional Information

Per 100g

Energy	836kJ
Energy	200kcal
Protein	15.1g
Carbs	25g
of which sugars	1.2g
Fibre	1.3g
Fat	2.9g
of which saturated	1g
Sodium	104mg

Allergens

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

Cook
within 2
Days