



Eat Within 2 Days

UCCOOK

Bright Beetroot Chicken Pappardelle

with ricotta cheese, pecan nuts & fresh thyme

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Niñída | Semillon

Nutritional Info

	Per 100g	Per Portion
Energy	1254kJ	8562kJ
Energy	300kcal	2048kcal
Protein	9g	61.2g
Carbs	15g	102g
of which sugars	1.8g	12.1g
Fibre	2.1g	14.1g
Fat	2.8g	19.2g
of which saturated	0.8g	5.1g
Sodium	78mg	530mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Tree Nuts

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot <i>rinse, trim, peel & cut into bite-sized chunks</i>
22,5ml	30ml	NOMU One For All Rub
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
300g	400g	Beetroot Tagliatelle Pasta
2	2	Garlic Cloves
450g	600g	Free-range Chicken Mini Fillets
30g	40g	Pecan Nuts <i>roughly chop</i>
8g	10g	Fresh Thyme <i>rinse, pick & roughly chop</i>
120g	160g	Ricotta Cheese
45ml	60ml	Lemon Juice

From Your Kitchen

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

1. ROOTING FOR YOU Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil, NOMU rub and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Place the onion in a bowl. Coat in oil and season. Set aside. Alternatively, air fry the beetroot at 200°C until cooked through, 30-35 minutes. In the final 15 minutes, add the onion and whole garlic cloves.

2. PERFECT PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 2-3 minutes. Drain, reserve a cup of pasta water, and toss through a drizzle of olive oil.

3. ADD THE AROMATICS When the beetroot has been roasting for 10 minutes, add the onion wedges and the whole garlic cloves to the tray with the beetroot. Roast for the remaining time.

4. THYME TO GET NUTTY Place a pan over medium-high heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. In the final minute, baste with 90g [120g] of butter, the pecan nuts, the thyme and season. Remove from the heat, reserving the pan sauce, and rest for 3 minutes.

5. BLEND THAT BEETROOT, BABY! When the veg roast is done, remove the skin from the garlic cloves and place the flesh in a blender. Add ¾ of the roasted beetroot, ¾ of the ricotta cheese, the roasted onion, the lemon juice (to taste), and 300ml [400ml] of the reserved pasta water. Blend until smooth. Add an extra splash of water if necessary. Add the beetroot sauce to the pot of cooked pasta, toss to coat and season.

6. FANCY DINNER Plate up the pink pasta. Top with the chicken, the remaining beetroot, and the remaining ricotta cheese. Drizzle over the thyme & nut pan sauce. Wonderful, Chef!