



UCCOOK

Charred Tomato & Chicken Carbonara

with fresh basil & hazelnuts

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	943.7kJ	4363.9kJ
Energy	225.7kcal	1043.9kcal
Protein	12.9g	59.8g
Carbs	16.2g	75.1g
of which sugars	1.7g	7.7g
Fibre	1.3g	5.8g
Fat	13.4g	61.9g
of which saturated	6.2g	28.8g
Sodium	157.6mg	728.7mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
375g	500g	Tagliatelle Pasta
30g	40g	Hazelnuts <i>roughly chop</i>
450g	600g	Free-range Chicken Mini Fillets
15ml	20ml	NOMU Italian Rub
240g	320g	Baby Tomatoes <i>rinse</i>
15ml	20ml	Balsamic Reduction
100g	100g	Butter
150ml	200ml	Grated Italian-style Hard Cheese
8g	10g	Fresh Basil <i>rinse, pick & tear</i>
30ml	40ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Egg/s

Paper Towel

Butter

1. TASTY TAGLIATELLE Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 1-2 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.

2. FOR THE CRUNCH FACTOR Place the hazelnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. NOMU-SPICED CHICKEN Return the pan to medium 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. Baste with a knob of butter and the NOMU rub. Season, remove from the pan, and roughly chop.

4. BALSAMIC BABY TOMATOES Return the pan to medium heat with a drizzle of oil, if necessary. When hot, char the baby tomatoes until blistered, 5-6 minutes. In the final minute, baste with the balsamic reduction and seasoning. Remove from the pan and set aside.

5. AUTHENTIC CARBONARA SAUCE Heat the butter in the microwave or in a pot over the stove until completely melted. Set aside. In a bowl, add 3 [4] egg yolks. Whisking the yolk constantly, drizzle in the melted butter very slowly. Once fully incorporated, add ⅓ of the cheese. Mix until combined. Add the pasta, and the chicken. Toss until coated in the sauce. Loosen with the reserved pasta water, if necessary.

6. NEXT-LEVEL PASTA DISH Dish up the carbonara pasta and top with the balsamic charred tomatoes. Sprinkle over the remaining cheese. Garnish with the nuts, the basil and drizzle with lemon juice (to taste). Give a final crack of black pepper. Amazing work, Chef!