



UCOOK

Olive & Thyme Chicken Pasta

with a balsamic vinegar & Italian-style
cheese green salad

Get your fork and spoon ready to enjoy a beautifully authentic Italian dish today. A tangy tomato passata, tomato paste, garlic & fresh thyme sauce coats browned chicken mince, pops of briny olives, Italian-style hard cheese, and al dente linguine pasta. Sided with a greens, cheese ribbon & toasted almond salad with a dash of balsamic vinegar.


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Azola Poswa

 Fan Faves

 Deetlefs Wine Estate | Deetlefs Stonecross
Shiraz

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Ingredients & Prep

100g	Linguine Pasta
10g	Almonds <i>roughly chop</i>
1	Onion <i>peel & roughly dice ½</i>
1	Garlic Clove <i>peel & grate</i>
10ml	Tomato Paste
150g	Free-range Chicken Mince
3g	Fresh Thyme <i>rinse</i>
200g	Tomato Passata
20g	Green Leaves <i>rinse</i>
20g	Italian-style Hard Cheese <i>grate ½ & peel ½ into ribbons</i>
10ml	Balsamic Vinegar
30g	Pitted Kalamata Olives <i>drain & roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. LOVELY LINGUINE Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving 1 cup of pasta water, and toss through a drizzle of olive oil.

2. ALL OF THE ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. FLAVOURFUL MINCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the tomato paste, and fry until fragrant, 1-2 minutes (shifting constantly). Add the mince and work quickly to break it up as it starts to cook. Mix through the rinsed thyme sprigs and fry until browned, 3-4 minutes (shifting occasionally). Pour in the tomato passata and 150ml of water. Bring to a simmer and cook until reduced and thickened, 10-12 minutes (shifting occasionally).

4. SAY 'CHEESE' In a bowl, toss together the rinsed green leaves, the hard cheese ribbons, the balsamic vinegar, ½ the toasted almonds, a drizzle of olive oil, and seasoning. Set aside.

5. IT'S ALL COMING TOGETHER When the tomato sauce has 5 minutes to go, stir through the sliced olives, the grated hard cheese, the cooked pasta, a sweetener, and seasoning. Discard the thyme sprigs before serving. Loosen with the reserved pasta water if too thick.

6. PERFECT PASTA ON A PLATE Dish up the olive & thyme chicken pasta. Scatter over the remaining nuts. Serve the balsamic green salad on the side.

Nutritional Information

Per 100g

Energy	584kJ
Energy	140kcal
Protein	8.2g
Carbs	16g
of which sugars	3.2g
Fibre	1.9g
Fat	4.4g
of which saturated	1.1g
Sodium	136mg

Allergens

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

Cook
within 1
Day