



# UCCOOK

## Spinach & Artichoke Chicken Spaghetti

with Italian-style hard cheese

It's fresh, it's zesty but it's also creamy & dreamy. On a bed of spaghetti lies juicy chicken breast slices smothered in a rich, lemony artichoke & spinach sauce. Garnished with grated Italian-style hard cheese, crispy onion bits, and dried thyme. This dish will only leave you wanting more!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People


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**Chef:** Kate Gomba

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 Quick & Easy

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 Muratie Wine Estate | Muratie Laurens  
Campher White blend 2021

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## Ingredients & Prep

200g	Spaghetti
80g	Spinach
2	Garlic Cloves
100g	Artichoke Hearts
2	Free-range Chicken Breasts
20ml	NOMU Italian Rub
5ml	Dried Thyme
60ml	White Wine
200ml	Fresh Cream
40ml	Grated Italian-style Hard Cheese
20ml	Lemon Juice
20ml	Crispy Onion Bits

## From Your Kitchen

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

**1. DON'T FORGETTI THE SPAGHETTI** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain and toss through a drizzle of olive oil.

**2. MEANWHILE...** Rinse the spinach. Peel and grate the garlic cloves. Drain the artichoke hearts and roughly chop.

**3. ON TO THE CHICKEN** Place a pan (with a lid) over medium-high heat with a drizzle of oil. Pat the chicken breasts dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste with a knob of butter and ½ the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

**4. CREAMY MOMENT** Return the pan, wiped down, to medium heat with a drizzle of oil. Add the grated garlic, ½ the dried thyme, the chopped artichokes, and the remaining NOMU rub. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the wine and cook until almost all evaporated, 1-2 minutes. Add the cream and ½ the grated cheese. Simmer until slightly thickened, 1-2 minutes. Add the rinsed spinach and toss until wilted. Remove from the heat, add a drizzle of lemon juice (to taste), and season.

**5. DINNER IS SERVED** Make a bed of spaghetti. Top with the chicken slices and pour over the creamy artichoke & spinach sauce. Sprinkle over the remaining cheese and the crispy onions. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the chicken in oil, ½ the NOMU rub, and seasoning. Air fry at 200°C until cooked through and crispy, 10-12 minutes.

## Nutritional Information

Per 100g

Energy	849kJ
Energy	203kcal
Protein	11.1g
Carbs	17g
of which sugars	1.6g
Fibre	1.3g
Fat	9.4g
of which saturated	5.2g
Sodium	119mg

## Allergens

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

Cook  
within 3  
Days