

QCOOK

Feta Chicken Bites

with feta cheese & spinach

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Nitída | Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	575kJ	3382kJ
Energy	137kcal	809kcal
Protein	8.3g	48.6g
Carbs	17.8g	104.6g
of which sugars	2.7g	15.7g
Fibre	1.7g	10.3g
Fat	3.5g	20.3g
of which saturated	1.2g	7.3g
Sodium	236mg	1391mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 1 Day



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Penne Pasta
150g	300g	Free-range Chicken Mince
1	1	Onion <i>peel & finely dice ½ [1]</i>
20g	40g	Danish-style Feta <i>drain</i>
1	1	Garlic Clove <i>peel & grate</i>
100g	200g	Cooked Chopped Tomato
15ml	30ml	NOMU Spice Blend <i>(5ml [10ml] NOMU Italian Rub & 10ml [20ml] NOMU One For All Rub)</i>
50g	100g	Spinach <i>rinse</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Oil (cooking, olive or coconut)

Sugar/Sweetener/Honey

- 1. AL DENTE PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.
- 2. MMMINCE** In a bowl, combine the mince, ½ the onion (to taste), and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Stuff each meatball with a cube of feta. Set aside.
- 3. MAKE THE MEATBALLS** Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan.
- 4. TASTY TOMATO SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the remaining onion until soft, 4-5 minutes. Add the garlic and fry until fragrant, 1-2 minutes. Pour in the chopped tomatoes, the NOMU spice blend, 150ml [300ml] of water and a sweetener (to taste). Simmer until thickened, 8-10 minutes. Remove the pan from the heat and mix through the spinach.
- 5. LOOK AT THAT!** Dish up the pasta, and top with the tomato sauce, and the stuffed meatballs. Crumble over any remaining feta.