



UCCOOK

Herby Creamy Chicken Fusilli Bowl

with baby spinach & Italian-style cheese

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	358kj	2063kj
Energy	86kcal	493kcal
Protein	9.2g	52.9g
Carbs	8g	44g
of which sugars	1g	7g
Fibre	1g	8g
Fat	1.7g	9.8g
of which saturated	0.7g	3.8g
Sodium	35mg	202mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Chicken Mini Fillets
5ml	10ml	Dried Oregano
30g	60g	Fusili Pasta
1	1	Onion <i>peel & finely slice ½ [1]</i>
125g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	2	Garlic Clove/s <i>peel & grate</i>
50ml	100ml	Greek Yoghurt
80g	160g	Baby Tomatoes <i>rinse & cut in half</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
40g	80g	Baby Spinach <i>rinse</i>
15ml	30ml	Grated Italian-style Hard Cheese

From Your Kitchen

Cooking Spray (or oil of your choice)
Water
Seasoning (salt & pepper)
Paper Towel

1. LET'S GET COOKING! Bring a pot of salted water to a boil for the pasta. Pat the chicken dry with paper towel. Lightly coat with cooking spray or oil (optional), oregano, and seasoning. Set aside.

2. INTO THE POT Cook the pasta until al dente, 8-10 minutes. Drain and run it through cold water to prevent sticking.

3. FRY THE CHICKEN FILLETS Return the pot to medium-high heat. Fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pot.

4. ALL TOGETHER NOW Return the pot to medium heat. Lightly coat the onion and the mushrooms with cooking spray or oil (optional). Sauté until golden and soft, 5-6 minutes. Add the garlic and cook until fragrant, 30-60 seconds. Mix in the pasta, yoghurt, baby tomatoes, ½ of the parsley, baby spinach, chicken, and seasoning. Simmer until the spinach is wilted, 2-3 minutes. Remove from the heat.

5. ADMIRE YOUR WORK Bowl up the loaded fusilli, sprinkle over the cheese, and garnish with the remaining parsley. Well done, Chef!