



# UCOOK

## Shredded Chicken & Pesto Pasta

**with charred baby tomatoes & fresh basil**

The ultimate no-fuss & delicious pasta recipe. Pesto-laced whole wheat pasta is tossed with shredded chicken, charred baby tomatoes, onion, fresh basil & crème fraîche. Simply stunning!

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People


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**Chef:** Morgan Nell

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 **Quick & Easy**

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 **Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc 2021**

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## Ingredients & Prep

375g	Whole Wheat Penne Pasta
240g	Baby Tomatoes
2	Onions
8g	Fresh Basil
3	Free-range Chicken Breasts
7,5ml	NOMU Italian Rub
125ml	Crème Fraîche
150ml	Pesto Princess Basil Pesto

## From Your Kitchen

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

**1. BUBBLE BUBBLE** Bring a pot of salted water to the boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain, reserving a cup of pasta water, and toss through some oil to prevent sticking.

**2. BEFORE YOU CONTINUE** While the pasta is boiling, rinse and halve the baby tomatoes. Peel and thinly slice 1½ of the onions. Rinse and roughly tear the basil leaves.

**3. SHREDDED CHICKY** Pat the chicken breasts dry with paper towel. Place a pan, with a lid, over a medium heat with a drizzle of oil. When hot, add the chicken and fry on one side for 5-7 minutes until golden. Flip, pop on the lid, and fry for 5-7 minutes until cooked through. During the final 1-2 minutes, baste with a knob of butter and the rub. Remove from the pan and rest for 5 minutes. On completion, use two forks (one to secure the chicken and the other to shred) and gently shred the chicken. Season and set aside.

**4. ONION & TOMS** Return the pan to a medium heat with a drizzle of oil. When hot, add the sliced onion and halved baby tomatoes and fry for 6-8 minutes until soft and browned, shifting occasionally. Season to taste.

**5. THROW IT ALL TOGETHER** In a bowl, combine the crème fraîche and the pesto. Loosen with some of the reserved pasta water. To the pot with the cooked pasta, add the shredded chicken, the browned onion & tomato, the pesto crème fraîche, ½ the torn basil, and a drizzle of olive oil. Place over a low heat for 4-5 minutes until warmed through. Season to taste. If the sauce is still too thick for your liking, loosen with some of the reserved pasta water.

**6. WHAT A STUNNER!** Bowl up a generous helping of the pesto pasta. Garnish with the remaining basil. Finish with a drizzle of olive oil and a crack of black pepper. All yours, Chef!



## Chef's Tip

We recommend using a good quality, extra-virgin olive oil for this dish.

## Nutritional Information

Per 100g

Energy	839kJ
Energy	200kcal
Protein	10.5g
Carbs	18g
of which sugars	1.9g
Fibre	2.4g
Fat	9.1g
of which saturated	3.1g
Sodium	105mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within 2  
Days