



# UCCOOK

## Stellenzicht's Lemon & Chicken Fettuccine

with fresh oregano, spinach & Chevin goat's cheese

Brought to you from the beautiful wine farm of Stellenzicht, this dish is quick, uncomplicated, and always delicious. It's loaded with a creamy lemon sauce, silky fettuccine, golden slices of chicken, fresh oregano, crumbly goat's cheese, and a drizzle of rich balsamic reduction.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Stellenzicht Wine Farm

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 Quick & Easy

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 Stellenzicht | Thunderstone Rosé

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## Ingredients & Prep

125g	Fettuccine Pasta
1	Onion
1	Lemon
20g	Spinach <i>Spinach</i>
4g	Fresh Oregano
1	Free-range Chicken Breast
10ml	NOMU Poultry Rub
10ml	Cake Flour
100ml	Low Fat Fresh Milk
30g	Chevin Goat's Cheese
10ml	Balsamic Reduction

## From Your Kitchen

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

**1. PRONTO PASTA!** Boil the kettle. Fill a pot for the pasta with boiling water, add a pinch of salt, and place over high heat. Once boiling rapidly, cook the pasta for 12-15 minutes until al dente. Drain, reserving 1 cup of pasta water, and toss through a drizzle of oil to prevent sticking.

**2. PREP STEP** Roughly dice ½ the onion. Zest and cut the lemon into wedges. Rinse the spinach and the oregano. Pick and roughly chop the rinsed oregano.

**3. BUTTER-BASTED CHICKEN** Place a pan (that has a lid) over medium-high heat with a drizzle of oil. Pat the chicken breast dry with paper towel. When the pan is hot, fry the chicken on one side for 3-4 minutes until golden. Flip, pop on the lid, and fry for 3-4 minutes until cooked through. During the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the heat and rest for 5 minutes before slicing and seasoning.

**4. MULTI-TASKER MAESTRO** While the chicken is frying, place a pan over medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 3-4 minutes until soft, shifting occasionally. Add 15g of butter. Add the flour and fry for 1-2 minutes, shifting constantly. Remove from the heat and gradually stir in the milk, making sure there are no lumps.

**5. THAT'S SAUCY** Return the pan, with the sauce, to a medium heat and bring to a simmer. Add the lemon zest (to taste), the juice of 2 lemon wedges, the cooked pasta, and ½ the chopped oregano. Loosen with the reserved pasta water until the desired consistency. Remove from the heat, stir through the rinsed spinach, mix until wilted, and season. Loosen with a splash of water just before serving, if necessary.

**6. TIME TO DINE** Plate up the lemon pasta. Top with the chicken slices. Sprinkle over the remaining oregano and any remaining lemon zest. Crumble over the goat's cheese and drizzle over the balsamic reduction. Finish off with a crack of black pepper. Serve with any remaining lemon wedges. Enjoy, Chef!



## Chef's Tip

If you have an air fryer, why not use it to cook the chicken? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 10-12 minutes or until cooked through. Char the lemon wedges in a pan for a few minutes if you're feeling fancy!

## Nutritional Information

Per 100g

Energy	675kj
Energy	161kcal
Protein	11.1g
Carbs	19g
of which sugars	3.7g
Fibre	1.7g
Fat	2.9g
of which saturated	1.3g
Sodium	112mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days