



UCCOOK

Spicy Chicken Parmesan Supreme

with rigatoni pasta & fresh oregano

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	681kj	4577kj
Energy	163kcal	1094kcal
Protein	11.3g	76.2g
Carbs	20g	134g
of which sugars	3g	20g
Fibre	1.6g	10.8g
Fat	4.2g	28.2g
of which saturated	2g	13.6g
Sodium	167mg	1120mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Rigatoni Pasta
1	2	Free-range Chicken Breast/s
1	1	Onion <i>peel & roughly slice ½ [1]</i>
15ml	30ml	NOMU Italian Rub
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
100ml	200ml	Tomato Passata
3g	5g	Fresh Oregano <i>rinse & pick</i>
20ml	40ml	Cake Flour
125ml	250ml	Cheesy Panko Crumb <i>(100ml [200ml] Panko Breadcrumbs & 25ml [50ml] Grated Italian-style Hard Cheese)</i>
80g	160g	Grated Mozzarella Cheese
15ml	30ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Egg/s
Cling Wrap
Paper Towel
Seasoning (salt & pepper)

1. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 12-15 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

2. CHICKEN PREP Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the chicken, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the chicken so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Season and set aside in the fridge.

3. TOMATO SAUCE Place a pan (with a lid and large enough for the pasta) over medium heat with a drizzle of oil. When hot, fry the onion until soft and lightly golden, 4-5 minutes. Add the NOMU rub and the chilli (to taste). Fry until fragrant, 1-2 minutes. Pour in the tomato passata and 150ml [300ml] of the reserved pasta water. Simmer until slightly thickening, 8-10 minutes. Remove from the heat and add ½ the oregano, 5ml of sweetener, and seasoning.

4. GOLDEN CHICKEN Whisk 1 egg in a bowl. Prepare two shallow dishes: one containing the flour, and one containing the cheesy panko crumb. Coat the butterflied chicken in the flour, dusting off any excess flour. Coat in the whisked egg, and, lastly, the crumb. [Repeat with each chicken breast]. Place a pan over medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan and drain on paper towel. Cut the chicken into bite-sized pieces.

5. MELTING MOMENT Return the pan with the sauce to medium heat. Mix through the cooked pasta and sprinkle over the grated cheese. Cover with a lid until the cheese is melted, 4-5 minutes.

6. TIME TO EAT Dish up the loaded pasta. Scatter over the crumbed chicken and the remaining oregano. Drizzle over the lemon juice (to taste) and enjoy, Chef!