UCOOK

One-pot Smoky Chicken Pasta

with al dente penne pasta

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Ropafadzo Zengeni

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Malbec

Nutritional Info	Per 100g	Per Portion
Energy	649kJ	3228kJ
Energy	155kcal	772kcal
Protein	12.2g	60.4g
Carbs	17g	85g
of which sugars	3.2g	15.9g
Fibre	1.6g	8g
Fat	4.1g	20.5g
of which saturated	1.9g	9.5g
Sodium	315mg	1566mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225g	300g	Penne Pasta
2	2	Chicken Stock Sachets
450g	600g	Free-range Chicken Mini Fillets
45ml	60ml	Smoky Rub *(30ml [40ml] NOMU Cajun Rub 15ml [20ml] Smoked Paprika)*
2	2	Onions *peel & roughly dice*
2	2	Garlic Cloves *peel & grate*
60ml	80ml	Tomato Paste
8g	10g	Fresh Chives *rinse & roughly chop*
150g	200g	Grated Mozzarella & Cheddar Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. PENNE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving some of the pasta water, and toss through a drizzle of olive oil.

2. STOCK & SMOKY CHICKEN Boil the kettle. Dilute the stock with 600ml [800ml] of boiling water and set aside. Pat the chicken dry with paper towel, cut into bite-sized pieces, and season. Place another pot over medium-high heat with a drizzle of oil. Fry the chicken until golden, 2-3 minutes (shifting occasionally). In the final 1-2 minutes, add ½ of the smoky rub and fry until fragrant. Remove from the pot.

3. SAVOURY SAUCE Return the pot to medium heat with all the pot juices and a knob of butter. Fry the onion until soft and lightly golden, 6-7 minutes. Add the garlic and the remaining smoky rub and fry until fragrant, 30-60 seconds. Add the tomato paste and fry for another 1-2 minutes, shifting constantly. Deglaze the pan with the diluted stock and simmer for 8-10 minutes. Remove the pot from the heat and mix through the pasta, the cooked chicken and ½ the chives. Season well. Loosen with a splash of the reserved pasta water if necessary. Sprinkle over the cheese, close with the lid, and allow the cheese to melt, 3-4 minutes.

4. EAT TO YOUR HEART'S DELIGHT Bowl up the smoky pasta, topping it with the remaining chives. There you have it, Chef. Dinner is ready!