



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.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Stellenzicht Wine Farm

 Quick & Easy

 Stellenzicht | Thunderstone Rosé

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Ingredients & Prep

500g	Fettuccine Pasta
2	Onions
4	Lemons
80g	Spinach
15g	Fresh Oregano
4	Free-range Chicken Breasts
40ml	NOMU Poultry Rub
40ml	Cake Flour
400ml	Fresh Milk
120g	Chevin Goat's Cheese
40ml	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 2 cups of pasta water, and toss through a drizzle of oil to prevent sticking.

2. PREP STEP Roughly dice the onions. Zest and cut the lemons 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 4-5 minutes until soft, shifting occasionally. Add 60g 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 8 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