

UCOOK

Baked Paprikash-style Chicken

with fresh pappardelle pasta & walnuts

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	745kJ	5233kJ
Energy	184kcal	1291kcal
Protein	10.4g	73.2g
Carbs	18g	127g
of which sugars	3.2g	22.4g
Fibre	1.9g	13.2g
Fat	7.3g	51.5g
of which saturated	2.2g	15.1g
Sodium	164mg	1151mg

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

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3	Serves 4	
15ml	20ml	Chicken Stock
330ml	440ml	Tomato Mix (300ml [400ml] Tomato Passata & 30ml [40ml] Tomato Paste)
6	8	Free-range Chicken Pieces
2	2	Onions peel & cut 1½ [2] into thin wedges
60ml	80ml	Paprika Mix (30ml [40ml] NOMU Spanish Rub & 30ml [40ml] Smoked Paprika)
2	2	Garlic Cloves peel & grate
45g	60g	Walnuts roughly chop
90ml	125ml	Crème Fraîche
375g	500g	Fresh Pappardelle Pasta
30g	40g	Fresh Basil rinse & pick
8g	10g	Fresh Parsley rinse, pick & roughly chop

1. BAKED PAPRIKA CHICKEN Preheat the oven to 200°C. Boil the kettle. Dilute the stock and the tomato mix with 300ml [400ml] of boiling water. Pat the chicken pieces dry with paper towel and place on a roasting tray with the onion wedges. Coat in oil, the paprika mix, the garlic, a sweetener (to taste), and season. Pour over the diluted stock mix and roast in the hot oven until the chicken is cooked through and the sauce is starting to thicken, 30-35 minutes.

2. FEELING PREPPY Place a pot (large enough for the pasta) over medium heat with the walnuts. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside. In a small bowl, loosen the crème fraîche with a splash of water.

3. AL DENTE MOMENT When the roast has 5-8 minutes remaining, return the pot to medium heat and fill with salted water. When the water is boiling, cook the pasta until al dente, 1-2 minutes. Drain and toss through a drizzle of olive oil.

4. DINNER IS READY! Make a bed of the basil. Top with the pasta and the chicken pieces smothered in the flavourful paprika sauce. Dollop with the loosened crème fraîche. Scatter over the toasted walnuts and the parsley. Look at you go, Chef!

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Sugar/Sweetener/Honey

Seasoning (salt & pepper)