



UCCOOK

Spinach & Artichoke Chicken Spaghetti

with Italian-style hard cheese

It's fresh, it's zesty but it's also creamy & dreamy. On a bed of spaghetti lies juicy chicken breast slices smothered in a rich, lemony artichoke & spinach sauce. Garnished with grated Italian-style hard cheese, crispy onion bits, and dried thyme. This dish will only leave you wanting more!


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Muratie Wine Estate | Muratie Laurens
Campher White blend 2021

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Ingredients & Prep

100g	Spaghetti
40g	Spinach
1	Garlic Clove
50g	Artichoke Hearts
1	Free-range Chicken Breast
10ml	NOMU Italian Rub
2,5ml	Dried Thyme
30ml	White Wine
100ml	Fresh Cream
20ml	Grated Italian-style Hard Cheese
10ml	Lemon Juice
10ml	Crispy Onion Bits

From Your Kitchen

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

1. DON'T FORGETTI THE SPAGHETTI Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain and toss through a drizzle of olive oil.

2. MEANWHILE... Rinse the spinach. Peel and grate the garlic clove. Drain the artichoke hearts and roughly chop.

3. ON TO THE CHICKEN Place a pan (with a lid) over medium-high heat with a drizzle of oil. Pat the chicken breast dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste with a knob of butter and ½ the NOMU rub. Remove from the pan and set aside to rest for 5 minutes before slicing and seasoning.

4. CREAMY MOMENT Return the pan, wiped down, to medium heat with a drizzle of oil. Add the grated garlic, ½ the dried thyme, the chopped artichokes, and the remaining NOMU rub. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the wine and cook until almost all evaporated, 1-2 minutes. Add the cream and ½ the grated cheese. Simmer until slightly thickened, 1-2 minutes. Add the rinsed spinach and toss until wilted. Remove from the heat, add a drizzle of lemon juice (to taste), and season.

5. DINNER IS SERVED Make a bed of spaghetti. Top with the chicken slices and pour over the creamy artichoke & spinach sauce. Sprinkle over the remaining cheese and the crispy onions. Well done, Chef!



Chef's Tip

Air fryer method: Coat the chicken in oil, ½ the NOMU rub, and seasoning. Air fry at 200°C until cooked through and crispy, 10-12 minutes.

Nutritional Information

Per 100g

Energy	849kJ
Energy	203kcal
Protein	11.1g
Carbs	17g
of which sugars	1.6g
Fibre	1.3g
Fat	9.4g
of which saturated	5.2g
Sodium	119mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Alcohol, Cow's Milk

Cook
within 3
Days