



UCOOK

Pea Pesto & Chicken Pasta

with Danish-style feta, sunflower seeds & fresh chilli

Penne pasta tossed in a pea pesto made with plump peas, toasted sunflower seeds, garlic, lemon juice, and a drizzle of olive oil. Topped off with Danish-style feta and fresh chilli for a delightful kick. Add to that shredded chicken, and you've got a dish that will be a winner at your dinner table!

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Rhea Hsu

 ***NEW Simple & Save**

 **Waterford Estate | Waterford Sauvignon Blanc**

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

375g	Penne Pasta
300g	Peas
30g	Sunflower Seeds
2	Garlic Cloves <i>peeled & grated</i>
30ml	Lemon Juice
3	Free-range Chicken Breasts
15ml	NOMU Provençal Rub
60g	Danish-style Feta <i>drained</i>
1	Fresh Chilli <i>de-seeded & finely sliced</i>

From Your Kitchen

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

1. PERFECT PASTA Boil the kettle. 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. SUNNY SEEDS Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside. Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. PEA PESTO Place the plumped peas, ½ the toasted sunflower seeds, the grated garlic (to taste), the lemon juice, and a generous drizzle of olive oil in a blender. Pulse until the desired consistency. Loosen with water or more olive oil if necessary. Toss through the cooked pasta. Season to taste.

4. BUTTERY 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 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 the NOMU rub. Remove from the pan and rest for 5 minutes before shredding and seasoning. Toss through the pea pesto pasta.

5. SO DONEZO! Dish up the chicken & pea pesto pasta. Crumble over the drained feta. Sprinkle over the remaining sunflower seeds and garnish with the sliced chilli (to taste). Finish it off with a crack of black pepper. Dig in, Chef!



Chef's Tip

Air fryer method: Coat the chicken in oil, the NOMU rub, and seasoning. Air fry at 200°C until browned and cooked through, 10-12 minutes. Rest for 5 minutes before shredding.

Nutritional Information

Per 100g

Energy	884kj
Energy	211kcal
Protein	14.4g
Carbs	26g
of which sugars	2.4g
Fibre	2.6g
Fat	5.3g
of which saturated	1.4g
Sodium	115mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within 3
Days