



UCCOOK

Spicy Chicken Parmesan Supreme

with rigatoni pasta & fresh oregano

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	681kj	4577kj
Energy	163kcal	1094kcal
Protein	11.3g	76.2g
Carbs	20g	134g
of which sugars	3g	20g
Fibre	1.6g	10.8g
Fat	4.2g	28.2g
of which saturated	2g	13.6g
Sodium	167mg	1120mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Rigatoni Pasta
3	4	Free-range Chicken Breasts
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
45ml	60ml	NOMU Italian Rub
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
300ml	400ml	Tomato Passata
8g	10g	Fresh Oregano <i>rinse & pick</i>
60ml	80ml	Cake Flour
375ml	500ml	Cheesy Panko Crumb <i>(300ml [400ml] Panko Breadcrumbs & 75ml [100ml] Grated Italian-style Hard Cheese)</i>
240g	320g	Grated Mozzarella Cheese
45ml	60ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Egg/s
Cling Wrap
Paper Towel
Seasoning (salt & pepper)

1. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 12-15 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

2. CHICKEN PREP Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the chicken, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the chicken so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Season and set aside in the fridge.

3. TOMATO SAUCE Place a pan (with a lid and large enough for the pasta) over medium heat with a drizzle of oil. When hot, fry the onion until soft and lightly golden, 5-6 minutes. Add the NOMU rub and the chilli (to taste). Fry until fragrant, 1-2 minutes. Pour in the tomato passata and 450ml [600ml] of the reserved pasta water. Simmer until slightly thickening, 8-10 minutes. Remove from the heat and add ½ the oregano, 5ml of sweetener, and seasoning.

4. GOLDEN CHICKEN Whisk 2 eggs in a bowl. Prepare two shallow dishes: one containing the flour, and one containing the cheesy panko crumb. Coat the butterflied chicken in the flour, dusting off any excess flour. Coat in the whisked egg, and, lastly, the crumb. Repeat with each chicken breast. Place a pan over medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan and drain on paper towel. You may need to do this step in batches. Cut the chicken into bite-sized pieces.

5. MELTING MOMENT Return the pan with the sauce to medium heat. Mix through the cooked pasta and sprinkle over the grated cheese. Cover with a lid until the cheese is melted, 4-5 minutes.

6. TIME TO EAT Dish up the loaded pasta. Scatter over the crumbed chicken and the remaining oregano. Drizzle over the lemon juice (to taste) and enjoy, Chef!