



UCCOOK

Crusted Chicken Spaghetti al Pomodoro

with fresh parsley

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	600kJ	3307kJ
Energy	143kcal	791kcal
Protein	10.2g	56.2g
Carbs	22g	122g
of which sugars	2.8g	15.5g
Fibre	1.6g	8.8g
Fat	1.1g	6.2g
of which saturated	0.3g	1.7g
Sodium	186mg	1392mg

Allergens: Egg, Gluten, Allium, Wheat

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Spaghetti
1	1	Onion <i>peel & finely dice</i>
1	1	Garlic Clove <i>peel & grate</i>
100ml	200ml	Tomato Passata
1	2	Free-range Chicken Breast/s
20ml	40ml	Cake Flour
80ml	160ml	Panko Breadcrumbs
5ml	10ml	NOMU Spanish Rub
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Egg/s
Rolling Pin
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, 10-12 minutes. Drain, reserve the pasta water, and toss through a drizzle of olive oil.

2. SAUCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the onion until soft and lightly golden, 4-5 minutes. Add the garlic and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 150ml [300ml] of the reserved pasta water. Simmer until thickening, 8-10 minutes. Remove from the heat, add a sweetener (to taste), and season.

3. BUTTERFLY THE CHICKEN BREAST 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.

4. CRUMB Whisk 1 egg in a bowl. Prepare two shallow dishes: one containing the flour (seasoned lightly), and one containing the crumb. Coat the butterflied chicken breast with the NOMU rub and season. Coat the chicken in the seasoned flour, dusting off any excess flour. Coat in the whisked egg, and lastly the crumb. Set aside. [Repeat this step with each chicken breast. Set aside.]

5. FRY THE CHICKEN 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, drain on paper towel, and season.

6. DINNER IS READY Plate up the spaghetti, pour over ½ of the tomato sauce, top with the golden chicken, and spoon over the remaining tomato sauce. Garnish with the parsley. Enjoy, Chef!