



QCOOK

Chicken & Feta Bites

with spinach

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Zevenwacht | The Tin Mine White

Nutritional Info	Per 100g	Per Portion
Energy	588kJ	3517kJ
Energy	141kcal	841kcal
Protein	8.4g	50.4g
Carbs	17g	105g
of which sugars	2.6g	15.8g
Fibre	1.7g	10.3g
Fat	3.9g	23.1g
of which saturated	1.5g	9g
Sodium	250mg	1494mg

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

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Penne Pasta
450g	600g	Free-range Chicken Mince
2	2	Onions <i>peel & finely dice 1½ [2]</i>
90g	120g	Danish-style Feta <i>drain</i>
2	2	Garlic Cloves <i>peel & grate</i>
300g	400g	Cooked Chopped Tomato
45ml	60ml	NOMU Spice Blend <i>(15ml [20ml] NOMU Italian Rub & 30ml [40ml] NOMU One For All Rub)</i>
150g	200g	Spinach <i>rinse</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Oil (cooking, olive or coconut)

Sugar/Sweetener/Honey

- 1. AL DENTE PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.
- 2. MMMINCE** In a bowl, combine the mince, ½ the onion (to taste), and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Stuff each meatball with a cube of feta. Set aside.
- 3. MAKE THE MEATBALLS** Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan.
- 4. TASTY TOMATO SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the remaining onion until soft, 4-5 minutes. Add the garlic and fry until fragrant, 1-2 minutes. Pour in the chopped tomatoes, the NOMU spice blend, 450ml [600ml] of water and a sweetener (to taste). Simmer until thickened, 12-15 minutes. Remove the pan from the heat and mix through the spinach.
- 5. LOOK AT THAT!** Dish up the pasta, and top with the tomato sauce, and the stuffed meatballs. Crumble over any remaining feta.