



UCOOK

Chicken Scampi Pasta

with grated Italian-style cheese & fresh basil

It's Italy on a plate! A buttery, garlicky sauce, rounded with the crispness of white wine and zestiness of lemon juice, coat al dente spaghetti and special-spiced chicken strips pan fried until golden. Finished with fresh basil and Italian-style grated hard cheese, this scampi recipe doesn't skimp on flavour, Chef.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 2 People

Chef: Kate Gomba

 Simple & Save

 Stettyn Wines | Stettyn Family Range Rosé Chardonnay Pinot Noir 2023

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Ingredients & Prep

200g	Spaghetti
300g	Free-range Chicken Mini Fillets
80ml	Rub & Flour <i>(60ml Cake Flour & 20ml NOMU Italian Rub)</i>
1	Garlic Clove <i>peel & grate</i>
100ml	White Wine
30ml	Lemon Juice
10g	Fresh Parsley <i>rinse, pick & finely chop</i>
60ml	Grated Italian-style Hard Cheese
5g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

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

1. COOK THE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

2. CHICKEN Place a pan over medium heat with a drizzle of oil and a knob of butter. Pat the chicken dry with paper towel, coat in the rub & flour, and season. When hot, fry the chicken strips until golden but not cooked through, 1-2 minutes per side. Remove from the pan.

3. SAUCE Return the pan to medium heat with 40g of butter. Add the grated garlic and fry until fragrant, 30-60 seconds. Deglaze the pan with the wine and cook until almost evaporated. Pour in the lemon juice and 200ml of the reserved pasta water. Add the chopped parsley and the chicken, and simmer until cooked through, 1-2 minutes.

4. JUST BEFORE SERVING Add the cooked pasta to the pan. Mix until combined. Add a generous drizzle of olive oil and season.

5. TIME TO EAT Bowl up the chicken pasta, sprinkle over the cheese, and garnish with the rinsed basil leaves. Well done, Chef!

Nutritional Information

Per 100g

Energy	836kJ
Energy	200kcal
Protein	15.1g
Carbs	25g
of which sugars	1.2g
Fibre	1.3g
Fat	2.9g
of which saturated	1g
Sodium	104mg

Allergens

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

Cook
within 2
Days