



UCOOK

Spinach & Artichoke Chicken Pasta

with Italian-style hard cheese

It's fresh, it's zesty but it's also creamy & dreamy. On a bed of spaghetti lies juicy chicken breast slices smothered in a rich, lemony artichoke & spinach sauce. Garnished with grated Italian-style hard cheese and crispy onion bits. This dish will only leave you wanting more!

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Kate Gomba

Quick & Easy

Domaine Des Dieux | Chardonnay 2019

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Ingredients & Prep

3	Free-range Chicken Breasts
30ml	NOMU Italian Rub
3	Garlic Cloves <i>peel & grate</i>
150g	Artichoke Hearts <i>drain & roughly chop</i>
90ml	White Wine
150ml	Cream Cheese
375g	Fresh Linguine Pasta
60g	Spinach <i>rinse</i>
30ml	Lemon Juice
30ml	Grated Italian Style Hard Cheese
30ml	Crispy Onion Bits

From Your Kitchen

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

1. CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

2. CREAMY MOMENT Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, add the grated garlic and the chopped artichokes. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the wine and cook until almost all evaporated, 1-2 minutes. Add 300ml of water and the cream cheese. Mix until combined and add the pasta. Simmer until the pasta is warmed through and al dente, 3-4 minutes. Add the rinsed spinach and toss until wilted, 1-2 minutes. Remove from the heat, add a drizzle of lemon juice (to taste), and season.

3. DINNER IS SERVED Dish up the creamy pasta, top with the chicken slices and any pan juices. Sprinkle over the grated cheese and the crispy onions. Well done, Chef!



Chef's Tip

Air fryer method: Coat the chicken in oil, the NOMU rub, and seasoning. Air fry at 200°C until cooked through and crispy, 10-12 minutes.

Nutritional Information

Per 100g

Energy	827kJ
Energy	198kcal
Protein	12.5g
Carbs	19g
of which sugars	2.1g
Fibre	1.5g
Fat	5.2g
of which saturated	2.8g
Sodium	155mg

Allergens

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

Eat
Within
3 Days