



UCOOK

Pesto Chicken Pasta

with colourful baby tomatoes & fresh basil

Pesto whole wheat spaghetti tossed with baby tomatoes, fresh basil, grated Italian-style hard cheese, and peas. Topped with juicy sliced chicken breast and sprinkled with toasted sunflower seeds. Stunning!

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

♥ Health Nut

🍷 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

300g	Whole Wheat Spaghetti
30g	Sunflower Seeds
3	Free-range Chicken Breasts
120g	Peas
300g	Baby Tomato Medley <i>halved</i>
120ml	Pesto Princess Basil Pesto
8g	Fresh Basil <i>rinsed, picked & finely sliced</i>
60ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. BUBBLING AWAY Bring a pot of salted water to a boil for the pasta. Once boiling, add the pasta and a drizzle of oil. Cook for about 8-10 minutes until al dente. Drain on completion, reserving a cup of pasta water, and toss through a drizzle of oil.

2. TOASTY SEEDS Place the sunflower seeds in a large pan (that has a lid) over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion.

3. CRISPY CHICKY Pat the chicken breasts dry with some paper towel. Return the pan to a medium heat with a drizzle of oil. When hot, fry the chicken on one side for 5-7 minutes until golden. Flip, pop on the lid, and fry for a further 5-7 minutes until cooked through. During the final 1-2 minutes, baste with a knob of butter. Remove from the pan on completion, cover to keep warm, and rest for 5 minutes before slicing and seasoning.

4. ALL TOGETHER NOW When the pasta is finished cooking, add the peas, $\frac{1}{2}$ the halved tomatoes, $\frac{3}{4}$ of the pesto, $\frac{1}{2}$ the sliced basil, $\frac{1}{2}$ the grated cheese, and a drizzle of olive oil to the pot. Season to taste and toss until fully combined (the pesto might sink to the bottom of the pot so toss well just before serving). If the sauce is too thick for your liking, loosen with some pasta water.

5. STUNNING! Bowl up a generous helping of the pesto pasta. Top with the sliced chicken drizzled with the remaining pesto. Sprinkle over the remaining basil, halved tomatoes and grated cheese. Finish with the toasted sunflower seeds and a drizzle of olive oil. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	814kJ
Energy	194Kcal
Protein	12.7g
Carbs	17g
of which sugars	1.5g
Fibre	2.8g
Fat	7.9g
of which saturated	1.6g
Sodium	102mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Tree Nuts

Cook
within 3
Days