



# UCOOK

## Sensational Chicken Pasta

with grated Italian-style cheese

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Sophie Germanier Organic | Chardonnay  
Organic

Nutritional Info	Per 100g	Per Portion
Energy	846.8kJ	3121.8kJ
Energy	202.6kcal	746.8kcal
Protein	15.8g	58.1g
Carbs	24.8g	91.5g
of which sugars	1.3g	4.7g
Fibre	1.4g	5g
Fat	3.4g	12.4g
of which saturated	1.2g	4.5g
Sodium	157.2mg	579.4mg

**Allergens:** Sulphites, Egg, Gluten, Wheat, Cow's Milk, Alcohol, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1 [Serves 2]

100g	200g	Spaghetti
1	2	Free-range Chicken Breast/s
40ml	80ml	Rub & Flour <i>(30ml [60ml] Cake Flour &amp; 10ml [20ml] NOMU Italian Rub)</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
50ml	100ml	White Wine
15ml	30ml	Lemon Juice
5g	10g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>
40ml	80ml	Grated Italian-style Hard Cheese

- 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 and cut into 1cm strips. Coat in the rub and 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 with 20g [40g] of butter to medium heat. Fry the garlic until fragrant, 30-60 seconds. Deglaze the pan with the wine and cook until almost evaporated. Pour in the lemon juice and 100ml [200ml] of the reserved pasta water. Add the parsley and the browned 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 and sprinkle over the cheese. Well done, Chef!

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter