



U C O O K

— COOKING MADE EASY

CHEVIN & GRILLED CHICKEN TAGLIATELLE

with sage and pecan nut burnt butter

A luxurious spinach sauce with garlic and fresh cream, tumbled through beetroot pasta and crowned with crispy-skinned chicken breast and creamy chevin. The grand finale? Golden butter, infused with toasted pecans and fresh sage.

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thandi Mamacos

 **Easy Peasy**

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

15g	Pecan Nuts <i>roughly chopped</i>
5g	Fresh Sage <i>rinsed & finely chopped</i>
125g	Beetroot Tagliatelle
1	Free-Range Chicken Breast
1	Garlic Clove <i>peeled & grated</i>
65ml	Fresh Cream
40g	Baby Spinach <i>rinsed</i>
25g	Goat's Cheese

From Your Kitchen

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

1. FRAGRANT BURNT BUTTER Weigh out 15g of butter. Place a deep, nonstick pan (that has a lid) over a medium heat. When hot, toast the chopped pecans for 3-5 minutes until browned, shifting occasionally. Add the butter and three-quarters of the chopped sage and fry for 1-2 minutes, stirring continuously and keeping a close eye on it. On completion, the butter should be golden brown and have a rich, nutty aroma. Remove from the heat, pour into a bowl, and cover with a plate. Set aside for serving.

2. BOIL THE PASTA Boil the kettle. Place a pot for the pasta over a high heat. Fill with boiling water and add a pinch of salt and a drizzle of oil. Once boiling rapidly, cook the pasta for 2-3 minutes until al dente. Taste to test and drain on completion, reserving 1-2 tbsp of pasta water in a bowl. Toss through some oil to prevent sticking and set aside.

3. GRILL THE CHICKEN Pat the chicken breast dry with some paper towel. Return the pan to a medium heat with a drizzle of oil. When hot, fry the chicken skin-side down for 5-7 minutes until crispy. Flip the breast, pop on the lid, and fry for a further 5-7 minutes until cooked through. In the final minute, baste the chicken with a knob of butter. Remove from the pan on completion, cover to keep warm, and set aside to rest for 5 minutes before slicing. Lightly season the slices.

4. OH-SO-CREAMY SAUCE Wipe down the pan if necessary and return to a low-medium heat with another drizzle of oil. When hot, sauté the grated garlic for 30-60 seconds until fragrant. Add the cream, reserved pasta water, rinsed baby spinach, and cooked, drained pasta. Toss together for 1-2 minutes until the spinach has wilted. Remove from the heat on completion.

5. TAGLIATELLE TIME! Spoon a generous helping of saucy pasta into a bowl. Top with the chicken slices and pour over the sage and pecan burnt butter. Dollop with the creamy goat's cheese and garnish with the remaining fresh, chopped sage. Dig in!



Chef's Tip

Spinach is rich in vitamin K. This micronutrient is vital for wound healing, bone health, important cognitive functions, and lowering blood pressure. Add baby spinach to sauces, salads, or smoothies for a vitamin K kick!

Nutritional Information

Per 100g

Energy	1009kJ
Energy	241Kcal
Protein	12.5g
Carbs	17g
of which sugars	1.4g
Fibre	1.6g
Fat	14.2g
of which saturated	6g
Sodium	62mg

Allergens

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

Cook
within 3
Days