



UCOOK

Chicken Meatballs & Creamy Lemon Pasta

with grated Italian-style hard cheese & fresh basil

Golden chicken meatballs rest on a bed of cheese & lemon sauce-coated pasta, with pops of fresh basil & generous cracks of black pepper. Get the fork and spoon ready, Chef!

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Rhea Hsu

Simple & Save

Painted Wolf Wines | The Den Chenin Blanc 2023

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

Ingredients & Prep

400g	Spaghetti
600g	Free-range Chicken Mince
1	Onion <i>peel & finely dice</i>
20ml	NOMU Provençal Rub
40ml	Cake Flour
500ml	Low Fat Fresh Milk
2	Lemons <i>rinse, zest & cut into wedges</i>
100ml	Grated Italian-style Hard Cheese
10g	Fresh Basil <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter

1. PASTA, PRONTO! Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving a cup of the pasta water, and toss through a drizzle of olive oil.

2. MMMEATBALLS In a bowl, combine the mince, the diced onion (to taste), the NOMU rub, and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion.

3. FRY THE FLAVOURBOMBS Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 5-6 minutes (shifting occasionally). You may need to do this step in batches. Remove from the pan and cover.

4. BEGIN THE BECHAMEL Return the pan, wiped down, to medium heat with 60g of butter. Add the flour and fry until golden, 1-2 minutes (shifting constantly). Remove from the heat and gradually stir in the milk, making sure there are no lumps.

5. ALL TOGETHER NOW Return the pan with the sauce to medium heat and bring to a simmer. Add the lemon zest (to taste), a squeeze of lemon juice (to taste), ½ the grated cheese, the cooked pasta, ½ the chopped basil, a sweetener (to taste), and seasoning. Loosen with the reserved pasta water until desired consistency.

6. PLATE UP Plate up the creamy lemon pasta. Top with the golden meatballs. Sprinkle over the remaining cheese, the remaining basil, and any remaining lemon zest. Finish off with a crack of black pepper. Serve with any remaining lemon wedges on the side. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	560kJ
Energy	134kcal
Protein	8.5g
Carbs	17g
of which sugars	2.7g
Fibre	1.3g
Fat	3.7g
of which saturated	1.4g
Sodium	224mg

Allergens

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

Eat
Within
1 Day