



# 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!

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**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Quick & Easy

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Domaine Des Dieux | Chardonnay 2019

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## Ingredients & Prep

1	Free-range Chicken Breast
10ml	NOMU Italian Rub
1	Garlic Clove <i>peel &amp; grate</i>
50g	Artichoke Hearts <i>drain &amp; roughly chop</i>
30ml	White Wine
50ml	Cream Cheese
125g	Fresh Linguine Pasta
20g	Spinach <i>rinse</i>
10ml	Lemon Juice
10ml	Grated Italian-style Hard Cheese
10ml	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 100ml of water and the cream cheese. Mix until combined and add the pasta. Simmer until the pasta is warmed through and al dente, 2-3 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