



UCOOK

Cathedral Cellar's Chicken Pasta

**with sun-dried tomato pesto & cream
cheese**

A culinary celebration of sun-dried tomatoes! Al dente penne pasta, golden chicken mini fillets, earthy spinach, sun-dried tomatoes & onion are embraced by a gorgeous Pesto Princess Sun-dried Tomato Pesto-infused cream cheese sauce. Pair with the recommended Cathedral Cellar wine and have a memorable midweek meal.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Cathedral Cellar

Fan Faves

Cathedral Cellar Wines | Cathedral Cellar-
Sauvignon Blanc

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Ingredients & Prep

100g	Penne Pasta
40ml	Pesto Princess Sun-dried Tomato Pesto
50ml	Cream Cheese
150g	Free-range Chicken Mini Fillets
1	Onion <i>peel & roughly dice</i>
1	Garlic Clove <i>peel & grate</i>
50g	Spinach <i>rinse & roughly shred</i>
20g	Sun-dried Tomatoes
2,5ml	Dried Chilli Flakes
3g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. PASTA & PESTO Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving a cup of pasta water, and toss through some olive oil. In a bowl, combine the sun-dried tomato pesto, the cream cheese and seasoning.

2. GOLDEN CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

3. NOW FOR THE VEGGIES Return the pan to medium-high heat with a drizzle of oil. When hot, add the diced onion and fry until soft and browned, 4-5 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the shredded spinach and fry until wilted, 1-2 minutes.

4. COMBINE TO LET THE DISH SHINE Add the golden chicken, the cooked pasta, the sun-dried tomato, and the creamy sun-dried tomato pesto sauce. Mix until combined and season. Loosen with the reserved pasta water, if necessary.

5. PERFECT PASTA DINNER Plate up the pesto pasta. Scatter over the chilli flakes (to taste) and garnish with the torn basil. Delish, Chef!

Nutritional Information

Per 100g

Energy	746kj
Energy	178kcal
Protein	10g
Carbs	18g
of which sugars	3g
Fibre	1.7g
Fat	7.3g
of which saturated	2.4g
Sodium	200mg

Allergens

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

Eat
Within
3 Days