



# 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.

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Cathedral Cellar

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Fan Faves

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Cathedral Cellar Wines | Cathedral Cellar-  
Sauvignon Blanc

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## Ingredients & Prep

200g	Penne Pasta
80ml	Pesto Princess Sun-dried Tomato Pesto
100ml	Cream Cheese
300g	Free-range Chicken Mini Fillets
1	Onion <i>peel &amp; roughly dice</i>
1	Garlic Clove <i>peel &amp; grate</i>
100g	Spinach <i>rinse &amp; roughly shred</i>
40g	Sun-dried Tomatoes
5ml	Dried Chilli Flakes
5g	Fresh Basil <i>rinse, pick &amp; 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. You may need to do this step in batches. 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