



UCCOOK

Balsamic-tomato Chicken Pasta

with Danish-style feta & basil pesto

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Chloe Hughes

Wine Pairing: Zevenwacht | The Tin Mine White

Nutritional Info	Per 100g	Per Portion
Energy	568kJ	2807kJ
Energy	136kcal	672kcal
Protein	10.6g	52.2g
Carbs	16g	78g
of which sugars	2.6g	12.6g
Fibre	1.6g	8.1g
Fat	3g	15g
of which saturated	1.4g	7.1g
Sodium	84mg	413mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75g	150g	Penne Pasta
150g	300g	Free-range Chicken Mini Fillets
10ml	20ml	Chicken Rub <i>7.5ml [15ml] NOMU Italian Rub & 2.5ml [5ml] Garlic Powder</i>
1	1	Onion <i>peel & roughly slice</i>
15ml	30ml	Balsamic Vinegar
15ml	30ml	Pesto Princess Basil Pesto
1	2	Tomato/es <i>rinse & roughly dice</i>
30g	60g	Danish-style Feta <i>drain</i>
20g	40g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter (optional)
Sugar/Sweetener/Honey

1. AL DENTE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. ITALIAN CHICKEN Pat the chicken dry with paper towel and cut into bite-sized pieces. Place a pan over medium heat with a drizzle of oil. When hot, fry the chicken until golden and cooked through, 3-4 minutes (shifting as it colours). In the final 1-2 minutes, add the chicken rub and seasoning. Remove from the pan and set aside.

3. SWEET BALSAMIC ONION Place another pan over medium heat with a drizzle of oil and a knob of butter (optional). Fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste) and the balsamic vinegar. Remove from the pan, season, and cover.

4. A TASTE TRIUMPH In a large bowl, combine the pasta, chicken, basil pesto and a drizzle of olive oil. Season well and toss together to coat everything in the pesto. Add the caramelised onion, tomato, feta and green leaves. Dinner is ready, Chef!