



UCOOK

Baked Paprikash-style Chicken

with fresh pappardelle pasta & walnuts

Fresh pappardelle pasta is cooked until al dente, and then topped with chicken pieces roasted in a flavourful tomato & paprika sauce. This dish is finished off with a scattering of crunchy walnuts and fragrant fresh parsley!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Adventurous Foodie

Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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Ingredients & Prep

5ml	Chicken Stock
110ml	Tomato Mix <i>(100ml Tomato Passata & 10ml Tomato Paste)</i>
2	Free-range Chicken Pieces
1	Onion <i>peel & cut ½ into thin wedges</i>
20ml	Paprika Mix <i>(10ml NOMU Spanish Rub & 10ml Smoked Paprika)</i>
1	Garlic Clove <i>peel & grate</i>
15g	Walnuts <i>roughly chop</i>
30ml	Crème Fraîche
125g	Fresh Pappardelle Pasta
20g	Spinach <i>rinse</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. BAKED PAPRIKA CHICKEN Preheat the oven to 200°C. Boil the kettle. Dilute the stock and the tomato mix with 100ml of boiling water. Pat the chicken pieces dry with paper towel and place on a roasting tray with the onion wedges. Coat in oil, the paprika mix, the grated garlic, a sweetener (to taste), and seasoning. Pour over the diluted stock mix and roast in the hot oven until the chicken is cooked through and the sauce is starting to thicken, 30-35 minutes.

2. FEELING PREPPY Place a pot (large enough for the pasta) over medium heat with the chopped walnuts. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside. In a small bowl, loosen the crème fraîche with a splash of water.

3. AL DENTE MOMENT When the roast has 5-8 minutes remaining, return the pot to medium heat and fill with salted water. When the water is boiling, cook the pasta until al dente, 1-2 minutes. Drain and toss through a drizzle of olive oil.

4. DINNER IS READY! Make a bed of the rinsed spinach. Top with the pasta and the chicken pieces smothered in the flavourful paprika sauce. Dollop with the loosened crème fraîche. Scatter over the toasted walnuts and the chopped parsley. Look at you go, Chef!

Nutritional Information

Per 100g

Energy	551kJ
Energy	132kcal
Protein	10.3g
Carbs	18g
of which sugars	3.2g
Fibre	1.9g
Fat	7.2g
of which saturated	2.1g
Sodium	164mg

Allergens

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

Eat
Within
3 Days