



UCOOK

Dreamy Chicken Polpette

with wholewheat spaghetti, Italian-style cheese & parsley

'Polpette' is Italian for 'meatballs', but flavour like this is understood in any language!

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Ella Nasser

♥ Health Nut

🍷 Robertson Winery | Chardonnay

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Ingredients & Prep

375g	Whole Wheat Spaghetti
450g	Free-range Chicken Mince
75g	Italian-style Hard Cheese <i>½ grated & ½ peeled into ribbons</i>
9ml	Smoked Paprika
2	Onions <i>1½ peeled & finely diced</i>
12g	Fresh Parsley <i>rinsed & roughly chopped</i>
15ml	NOMU Italian Rub
350ml	Tomato Passata
150ml	Fresh Cream

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. SCRUMPTIOUS SPAGHETTI Boil the kettle. Fill a pot for the pasta with boiling water, add a pinch of salt, and place over a high heat. Once boiling rapidly, cook the pasta for 8-10 minutes until al dente. Drain on completion and toss through some oil to prevent sticking.

2. SMOKY POLPETTE Combine the mince, grated hard cheese, smoked paprika, ½ the diced onion, and ½ the chopped parsley in a bowl and season. Roll the mince into golf-ball sized meatballs. Keep your hands wet to help prevent the mince from getting stuck to your hands!

3. SAUCEY AS CAN BE Place a pot over a medium-high heat with a drizzle of oil. When hot, fry the meatballs for 3-4 minutes, shifting as they brown. Remove from the pan on completion. They do not have to be cooked through at this point. Return the pan to a low-medium heat with a drizzle of oil, the remaining diced onion and the Italian Rub. Fry until the diced onion is translucent, about 1-2 minutes. Season lightly with salt. Add in the passata and cream, and bring to a simmer. When simmering, add the meatballs and simmer for 3-5 minutes, until well developed in flavour and the meatballs are cooked through.

4. DREAMY POLPETTE Plate up a base of pasta and top with the chicken polpette and sauce. Garnish with the ribbons of hard cheese and remaining parsley. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	785kJ
Energy	187Kcal
Protein	9.9g
Carbs	22g
of which sugars	4.7g
Fibre	2.1g
Fat	7g
of which saturated	3.3g
Sodium	89mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook
within 1
Day