



UCOOK

Chicken & Creamy Beetroot Pasta

with sage and pecan nut burnt butter


A luxurious spinach sauce with garlic and fresh cream is tumbled through ruby beetroot pasta and crowned with a beautiful golden chicken breast and dollops of creamy sour cream. Oh, and just you wait for the grand finale of golden aromatic butter, infused with toasted pecans and fresh sage. Yummy!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

 Fan Faves

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Chenin Blanc 2021

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Ingredients & Prep

300g	Beetroot Tagliatelle
3	Free-range Chicken Breasts
45g	Pecan Nuts <i>roughly chopped</i>
8g	Fresh Sage <i>rinsed, picked & finely chopped</i>
1	Garlic Heads <i>peeled & grated</i>
170ml	Fresh Cream
120g	Spinach <i>rinsed</i>
60ml	Sour Cream

From Your Kitchen

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

1. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 2-3 minutes. Drain, reserve a cup of pasta water, and toss through a drizzle of olive oil.

2. GRILL THE CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. FRAGRANT BUTTER Return the pan, wiped down, to medium heat. When hot, toast the chopped pecans until browned, 3-5 minutes (shifting occasionally). Add 45g of butter and the chopped sage, and fry until the butter is golden brown and the sage is crispy. Remove from the heat, pour into a bowl, and cover.

4. OH-SO-CREAMY SAUCE Return the pan, wiped down, to low-medium heat with a drizzle of oil. When hot, sauté the grated garlic until fragrant, 1-2 minutes. Add the cream and 150ml of the reserved pasta water. Simmer until slightly reduced, 2-3 minutes. Add the cooked pasta and the rinsed spinach. Stir to combine until the spinach has wilted. Add a splash of water if too thick. Remove from the heat and season.

5. TAGLIATELLE TIME! Spoon up the pasta into a bowl. Top with the chicken slices and pour over the sage & pecan burnt butter. Top with dollops of sour cream and garnish with the crispy sage leaves. Dig in!



Chef's Tip

Mixing pasta water into your sauce is a great way to enhance it all round! The starch content adds a silky richness to the texture and the salt content lends extra flavour.

Nutritional Information

Per 100g

Energy	2212kJ
Energy	529kcal
Protein	14.1g
Carbs	19g
of which sugars	1.4g
Fibre	2.2g
Fat	11g
of which saturated	4.6g
Sodium	37mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Tree Nuts

Cook
within 3
Days