



# UCOOK

## Baked Feta & Chicken Pasta

with baby tomatoes, fresh basil & a green salad

A wholesome and amazingly tasty dish made with juicy roasted tomatoes, creamy baked feta, al dente pasta, tender chicken, and fragrant fresh basil. One of the easiest and tastiest recipes you will ever come across!

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**Hands-On Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Fan Faves

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 Boschendal | Rose Garden Rosé

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## Ingredients & Prep

80g	Baby Tomatoes
1	Onion <i>½ peeled &amp; finely diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
5ml	Dried Chilli Flakes
100g	Traditional Feta <i>drained</i>
100g	Whole Wheat Penne Pasta
10g	Pumpkin & Sunflower Seed Mix
150g	Free-range Chicken Mini Filletts <i>cut into bite-sized chunks</i>
20g	Green Leaves <i>rinsed</i>
100g	Cucumber <i>roughly diced</i>
25ml	Grated Italian-style Cheese
4g	Fresh Basil <i>rinsed, picked &amp; sliced</i>

## From Your Kitchen

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

**1. FETA BAKE** Preheat the oven to 200°C. In an ovenproof dish, toss the baby tomatoes, the diced onion, the grated garlic, the chilli flakes (to taste), seasoning and drizzle of oil. Spread out in a single layer and place the drained feta in the center. Bake in the hot oven for 15-20 minutes, until the tomatoes have slightly burst and the feta is golden.

**2. PERFECT PENNE** Bring a pot of salted water to a boil for the pasta. When the water is boiling, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving a cup of pasta water, and toss through some olive oil to prevent sticking.

**3. TOASTY SEEDS** Place the seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally.

**4. CHICKEN TIME** Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the chicken chunks for 2-3 minutes per side until golden and cooked through. Remove from the heat on completion, drain on some paper towel and allow to rest for 3 minutes.

**5. A WINNING COMBINATION** Once the feta and tomatoes are done, mash with a fork or potato masher and mix until combined. Add to the pot with the pasta along with the cooked chicken, and mix until fully combined. Add the reserved pasta water if you would like a saucier consistency. Season to taste. In a salad bowl, toss the rinsed green leaves, the diced cucumber and the toasted seeds with a drizzle of oil, and some seasoning.

**6. THIS DINNER'S GONE VIRAL!** Bowl up the creamy feta pasta and sprinkle over the grated Italian cheese and sliced basil. Side with the fresh salad. Great work, Chef!



## Chef's Tip

Cooking pasta in salted water allows it to absorb the salt, enhancing its flavour, because the salt is dispersed throughout the dish and not just on the surface of the pasta, so you get a better end result!

## Nutritional Information

Per 100g

Energy	680kj
Energy	162Kcal
Protein	11.5g
Carbs	14g
of which sugars	1.5g
Fibre	1.2g
Fat	6.5g
of which saturated	3.3g
Sodium	191mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat

Cook  
within 3  
Days