



UCOOK

Olive, Chicken & Thyme Pasta

with **NOMU Italian Rub**

Olive your culinary dreams will come true with this dish, Chef! Simplicity is seamlessly blended with beautiful flavours to ensure a memorable dining experience after an easy cook in the kitchen. Al dente linguine strands are dotted with browned chicken mince, briny olives, & silky onion, all coated in thyme-infused tomato sauce.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Kate Gomba

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Chardonnay

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Ingredients & Prep

400g	Linguine Pasta
600g	Free-range Chicken Mince
2	Onions <i>peel & roughly chop</i>
2	Garlic Cloves <i>peel & grate</i>
10g	Fresh Thyme <i>rinse</i>
40ml	NOMU Italian Rub
400g	Cooked Chopped Tomato
80g	Pitted Kalamata Olives <i>drain & roughly chop</i>

From Your Kitchen

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

1. 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. MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally).

3. SAUCY Add the chopped onions to the pan and fry until soft, 5-6 minutes. Add the grated garlic, the rinsed thyme, and the NOMU rub. Fry until fragrant, 2-3 minutes. Mix in the cooked chopped tomato and 600ml of water. Simmer until slightly thickening, 15-20 minutes. Remove from the heat, add a sweetener (to taste), and seasoning. Discard the thyme sprigs just before serving.

4. DINNER IS READY Bowl up the pasta, top with the saucy chicken mince, and scatter over the chopped olives. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	583kj
Energy	139kcal
Protein	8g
Carbs	19g
of which sugars	2.9g
Fibre	1.8g
Fat	3.2g
of which saturated	0.7g
Sodium	160mg

Allergens

Gluten, Allium, Wheat, Sulphites

Eat
Within
1 Day