



UCOOK

Chicken & Chevin Beetroot Pasta

with sage & fresh cream

A lux sauce with garlic and fresh cream is tumbled through bright beetroot tagliatelle, and is crowned with golden chicken breast and dollops of creamy chevin. Finished off with crunchy pecan nuts. Yummy!

Hands-On Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thandi Mamacos

 Quick & Easy

 Boschendal | MCC Brut Rosé NV

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Ingredients & Prep

100g	Beetroot Tagliatelle
1	Free-range Chicken Breast
1	Garlic Clove <i>peeled & grated</i>
65ml	Fresh Cream
40g	Spinach <i>rinsed</i>
5g	Fresh Sage <i>rinsed & picked</i>
25g	Chevin Goat's Cheese
15g	Pecan Nuts <i>roughly chopped</i>

From Your Kitchen

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

1. PASTA LA VISTA Boil the kettle. Place a pot for the pasta over a high heat. Fill with boiling water and add a pinch of salt and a drizzle of oil. Once boiling rapidly, cook the pasta for 2-3 minutes until al dente. Taste to test and drain on completion, reserving 40ml of pasta water. Toss through some oil to prevent sticking.

2. GRILL THE CHICKEN Pat the chicken breast dry with paper towel and season. Place a deep, nonstick pan, with a lid, over a medium heat with a drizzle of oil. When hot, fry the chicken for 5-6 minutes until browned. Flip the chicken, pop on the lid, and fry for a further 5-6 minutes until cooked through. In the final minute, baste the chicken with a knob of butter. Remove from the pan on completion, cover to keep warm, and set aside to rest for 5 minutes before slicing. Lightly season the slices.

3. NEVER REVEAL YOUR SAUCES Wipe down the pan if necessary and return to a low-medium heat with another drizzle of oil. When hot, sauté the grated garlic for 30-60 seconds until fragrant, shifting constantly. Add the cream, the reserved pasta water and simmer until slightly thickened for 1-2 minutes. Add in the cooked pasta, the rinsed spinach, ½ the picked sage and mix until fully combined and the spinach is wilted. Remove from the heat on completion and season.

4. 3..2..1..EAT! Bowl up a generous helping of the saucy pasta. Top with the chicken slices and dollop on the creamy chevin. Garnish with a sprinkling of the chopped pecan nuts and the remaining sage leaves. Great work, Chef!

Nutritional Information

Per 100g

Energy	2321kJ
Energy	555Kcal
Protein	13.6g
Carbs	19g
of which sugars	1.8g
Fibre	2.3g
Fat	15g
of which saturated	6.1g
Sodium	60mg

Allergens

Gluten, Dairy, Allium, Wheat, Tree Nuts

Cook
within 3
Days