

U COOK



Smoked Chicken Mac 'n Cheese

with freshly dressed salad leaves

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Caitlin Swanepoel

Wine Pairing: Strandveld | Pofadderbos Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	986.2kJ	5164.8kJ
Energy	235.8kcal	1234.9kcal
Protein	10g	52.3g
Carbs	20g	104.8g
of which sugars	3.9g	20.6g
Fibre	1.1g	5.6g
Fat	13.2g	69.2g
of which saturated	6.6g	34.4g
Sodium	395.3mg	2070.1mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

375ml	500ml	Full Cream UHT Milk
300g	400g	Macaroni
180ml	240ml	Fresh Cream
150g	200g	Grated Cheddar Cheese
3	4	Smoked Chicken Breasts <i>cut into bite-sized pieces</i>
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	NOMU Italian Rub
30ml	40ml	Balsamic Vinegar
45g	60g	Sun-dried Tomatoes <i>roughly chop</i>
60g	80g	Danish-style Feta <i>drain</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
15g	20g	Crispy Onion Bits

- 1. MMMACARONI** Place a large pot over a medium heat. Add the milk, 450ml [550ml] of water, the macaroni and a large pinch of salt. Bring up to a simmer and cook for 10-15 minutes, stirring occasionally. When the pasta is al dente, mix through the cream, the cheese, and seasoning.
- 2. ITALIAN-SPICED CHICKEN** Place a pan over a high heat with a drizzle of oil. When hot, add the chicken and char, 1-2 minutes. Add the garlic and the NOMU rub and fry until fragrant, 30 seconds - 1 minute. Remove from the pan and set aside.
- 3. DRESSED FOR DINNER** When the mac 'n cheese is done, mix through the charred chicken and season. In a salad bowl, combine the balsamic vinegar, sun-dried tomatoes, feta, a drizzle of olive oil, seasoning, and the salad leaves.
- 4. PERFECT PLATE** Plate up a generous helping of the flavourful chicken mac 'n cheese. Sprinkle over the crispy onions and side with the dressed salad. Simple yet stunning, Chef!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water