



# UCCOOK

## Trillennium's Cheesy BBQ Chicken Pasta

with cheddar cheese

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Muratie Wine Estate | Muratie Laurens  
Campher Chenin Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 734kJ    | 3955kJ      |
| Energy             | 176kcal  | 946kcal     |
| Protein            | 11.3g    | 61g         |
| Carbs              | 15g      | 78g         |
| of which sugars    | 4g       | 21.7g       |
| Fibre              | 0.9g     | 4.6g        |
| Fat                | 7.9g     | 42.4g       |
| of which saturated | 4.1g     | 22g         |
| Sodium             | 182mg    | 981mg       |

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

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                          |
|----------|------------|------------------------------------------|
| 75g      | 150g       | Sliced Onions                            |
| 5ml      | 10ml       | NOMU BBQ Rub                             |
| 100g     | 200g       | Fresh Casarecce Pasta                    |
| 50ml     | 100ml      | Fresh Cream                              |
| 50ml     | 100ml      | Low Fat UHT Milk                         |
| 40g      | 80g        | Grated Cheddar Cheese                    |
| 1        | 2          | Free-range Chicken Breast/s              |
| 40ml     | 80ml       | The Sauce Queen Smokey BBQ Sauce         |
| 30ml     | 60ml       | Lemon Juice                              |
| 3g       | 5g         | Fresh Chives<br><i>rinse &amp; slice</i> |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

**1. PASTA** Place a pot over medium heat with a drizzle of oil. When hot, fry the onion until soft and lightly golden, 3-4 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes. Add the pasta, the cream, the milk, and 100ml [200ml] of water. Simmer until the pasta is cooked through and the sauce is slightly thickening, 6-8 minutes. Mix in the cheese, remove from the heat, and season. Cover to keep warm. Just before serving, loosen with a splash of warm water if it's too thick.

**2. 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, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 30-60 seconds, baste the chicken with the BBQ sauce. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing, and seasoning.

**3. DINNER IS READY** Dish up the creamy pasta, top with the chicken slices, drizzle over any reserved pan juices, and finish up with a drizzle of lemon juice (to taste). Garnish with the chives. Enjoy, Chef!