



UCCOOK

Street Corn Pasta & Chicken

with spring onion & Danish-style feta

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	921kJ	4315kJ
Energy	220kcal	1032kcal
Protein	12.8g	59.8g
Carbs	23g	105g
of which sugars	2.5g	11.9g
Fibre	1.7g	8.2g
Fat	8.8g	41.2g
of which saturated	1.9g	8.7g
Sodium	577mg	2196mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Fusili Pasta
150g	200g	Corn
2	2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
450g	600g	Free-range Chicken Mini Fillets
22,5ml	30ml	NOMU Poultry Rub
60g	80g	Danish-style Feta <i>drain</i>
2	2	Garlic Cloves <i>peel & grate</i>
300ml	400ml	Creamy Mayo <i>(150ml [200ml] Mayo & 150ml [200ml] Greek Yoghurt)</i>
30g	40g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

Blender

1. PERFECT 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. CORN & SPRING ONION Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn and the spring onion whites until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. NOMU-SPICED CHICKEN Return the pan to medium heat with a drizzle of oil and a knob of butter. Pat the chicken dry with paper towel. Coat with the NOMU rub and season. Fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan and set aside.

4. HOMEMADE DRESSING In a blender, blitz together the feta, the garlic (to taste), the creamy mayo, a drizzle of olive oil, and seasoning until smooth. Loosen with water in 5ml increments until drizzling consistency. Mix the corn and spring onion, and the pasta together. Toss through the creamy dressing and season.

5. TIME TO ENJOY! Dish up the loaded pasta. Top with the green leaves and chicken, drizzling over the pan juices. Scatter over the spring onion greens. Dinner is served, Chef!