



UCCOOK

One Pot Creamy Chicken Pasta

with basil pesto

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Zevenwacht | Estate Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	591kJ	3310kJ
Energy	141kcal	792kcal
Protein	9.9g	55.6g
Carbs	16g	89g
of which sugars	3g	17g
Fibre	1.7g	9.5g
Fat	4.1g	22.9g
of which saturated	1g	5.5g
Sodium	198mg	1387mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Free-range Chicken Breasts
2	2	Onions <i>peel & finely slice 1½ [2]</i>
30ml	40ml	NOMU Italian Rub
30ml	40ml	Cake Flour
300ml	400ml	Low Fat UHT Milk
225g	300g	Penne Pasta
150g	200g	Peas
90ml	125ml	Pesto Princess Basil Pesto

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)
Butter

1. GOLDEN CHICKEN Place a pot (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and season. 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 1-2 minutes, baste the chicken with a knob of butter. Remove from the pot. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

2. ONE POT Return the pot to medium heat with a drizzle of oil if necessary. Fry the onion until soft, 4-5 minutes. Add the NOMU rub and flour. Fry until fragrant, 30-60 seconds. Whisk in the milk, add the pasta, and 750ml [1] of water. Cook until the pasta is al dente, 12-15 minutes.

3. SOME PREP While the pasta is cooking, use two forks (one to secure the chicken and the other to shred) and gently shred the chicken. Loosen the pesto with olive oil until drizzling consistency. When the pasta has 5-6 minutes to go, mix in the peas and cook until warmed through. Remove from the heat, mix in the shredded chicken, and season.

4. TIME TO DINE Bowl up the creamy chicken pasta, and finish with dollops of the pesto. Enjoy, Chef!