

# U COOK



## Smoked Chicken Mac 'n Cheese

with freshly dressed salad leaves

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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

**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 1 [Serves 2]

125ml	250ml	Full Cream UHT Milk
100g	200g	Macaroni
60ml	125ml	Fresh Cream
50g	100g	Grated Cheddar Cheese
1	2	Smoked Chicken Breast/ <i>cut into bite-sized pieces</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
5ml	10ml	NOMU Italian Rub
10ml	20ml	Balsamic Vinegar
15g	30g	Sun-dried Tomatoes <i>roughly chop</i>
20g	40g	Danish-style Feta <i>drain</i>
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
5g	10g	Crispy Onion Bits

**1. MMMACARONI** Place a pot over a medium heat. Add the milk, 150ml [300ml] of water, the macaroni and a small 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