



UCCOOK

Trillennium's Cheesy BBQ Chicken Pasta

with cheddar cheese

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

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 3	[Serves 4]	
225g	300g	Sliced Onions
15ml	20ml	NOMU BBQ Rub
300g	400g	Fresh Casarecce Pasta
150ml	200ml	Fresh Cream
150ml	200ml	Low Fat UHT Milk
120g	160g	Grated Cheddar Cheese
3	4	Free-range Chicken Breasts
125ml	160ml	The Sauce Queen Smokey BBQ Sauce
90ml	120ml	Lemon Juice
8g	10g	Fresh Chives <i>rinse & 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 300ml [400ml] of water. Simmer until the pasta is cooked through and the sauce is slightly thickening, 8-10 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!