



UCOOK

Easy Cheesy Chicken Alfredo

with fresh green leaves, parsley & toasted pine nuts

A creamy one-pot chicken alfredo pasta that's ready in a flash! It is topped with grated Italian-style cheese and parsley for an extra delicious flavour element, and finally sided with fresh green leaves and toasted pine nuts to finish it off perfectly.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Thea Richter

 Quick & Easy

 Vergelegen | Premium Chardonnay

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Ingredients & Prep

2	Garlic Cloves <i>peeled & grated</i>
20ml	NOMU Provençal Rub
10ml	Chicken Stock
125ml	Fresh Cream
250g	Penne Pasta
20g	Pine Nuts
300g	Free-range Chicken Mini Fillets <i>pat dry & cut into bite-sized pieces</i>
80ml	Grated Italian-style Hard Cheese
40g	Green Leaves <i>rinsed</i>
8g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. DON'T BE ALFREDO Boil the kettle. Place a pot over medium heat with a drizzle of oil. When hot, fry the grated garlic and the NOMU rub until fragrant, 30-60 seconds (shifting constantly). Add 600ml of boiling water, the stock, the cream, and seasoning. Bring to a boil and add the penne. Cook until the sauce has thickened and the penne is al dente, 12-15 minutes (stirring occasionally). Add more boiling water if it reduces too quickly.

2. PINE NUTS Place the pine nuts in a pan over a medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHICK IT OUT Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the chicken pieces until golden, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. ALMOST THERE! When the pasta is done, add the browned chicken, ½ the grated cheese, and seasoning. Mix until fully combined. In a salad bowl, toss the rinsed green leaves with a drizzle of oil, ½ the toasted pine nuts, and seasoning.

5. CHICKEN ALFREDO MAGIC Plate up a heaping helping of the creamy chicky alfredo. Top with the remaining grated cheese, the chopped parsley, and the remaining pine nuts. Side with the fresh green salad. Stunningly simple, Chef!

Nutritional Information

Per 100g

Energy	1095kJ
Energy	262kcal
Protein	15.7g
Carbs	26g
of which sugars	1.8g
Fibre	2.1g
Fat	10.7g
of which saturated	5.1g
Sodium	276mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 3
Days