

Eat Within 3 Days

UCOOK

Chicken Street Corn Pasta

with fresh basil & Danish-style feta

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	765kJ	4524kJ
Energy	183kcal	1082kcal
Protein	10.2g	60.5g
Carbs	20g	116g
of which sugars	3g	17.5g
Fibre	1.4g	8.5g
Fat	6.9g	40.7g
of which saturated	1.4g	8.4g
Sodium	128mg	754mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Fusilli Pasta
150g	200g	Corn
2	2	Onions *peel & roughly slice 1½ [2]*
450g	600g	Free-range Chicken Mini Fillets
22,5ml	30ml	NOMU Poultry Rub
60g	80g	Danish-style Feta *drain*
2	2	Garlic Cloves *peel & grate*
300ml	400ml	Creamy Mayo *(150ml [200ml] Mayo & 150ml [200ml] Greek Yoghurt)*
8g	10g	Fresh Basil *rinse, pick & roughly tear*

From Your Kitchen

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

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 & ONION Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn and the onion 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, reserving any pan juices that remain.

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 onion, and the pasta together. Toss through the creamy dressing and season.

5. TIME TO ENJOY! Dish up the loaded pasta. Top with the basil and chicken, drizzling over the pan juices. Dinner is served, Chef!