



UCCOOK

One Pot Chicken Sausage Pasta

with basil & chilli flakes

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Ethan Shahim

Wine Pairing: Zevenwacht | Estate Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	374kJ	2003kJ
Energy	89kcal	479kcal
Protein	3.1g	16.6g
Carbs	17g	89g
of which sugars	2.7g	14.3g
Fibre	1.2g	6.5g
Fat	1g	5.4g
of which saturated	0.4g	2.1g
Sodium	173mg	926mg

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

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
180g	360g	Chicken Bangers
1	1	Onion <i>peel & finely slice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
10ml	20ml	NOMU Italian Rub
20ml	40ml	Stock Mix <i>(5ml [10ml] Stock & 15ml [30ml] Flour)</i>
75g	150g	Gnocchi Shell Pasta
100ml	200ml	Full Cream UHT Milk
10g	20g	Fresh Basil <i>rinse, pick & roughly tear</i>
5ml	10ml	Dried Chilli Flakes

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. SAUSAGE Place a pot over medium-high heat with a drizzle of oil. When hot, fry the sausages until golden but not cooked through, 4-5 minutes (shifting occasionally). Remove from the pot and cut into rounds.

2. FRAGRANT MOMENT Return the pot to medium heat with a drizzle of oil if necessary. Fry the onion until soft and lightly golden, 4-5 minutes. Mix in a generous knob of butter, garlic, NOMU rub, and stock mix. Cook until fragrant, 1-2 minutes.

3. ALL TOGETHER Add the pasta, milk, and 200ml [400ml] of water to the fragrant onion. Cook until the pasta is al dente and the sauce is thickened, 10-12 minutes. In the final 2-3 minutes, mix in the sausage, ½ of the basil, seasoning (to taste), and continue to cook until cooked through. Loosen with a splash of water if it's too thick and remove from the heat.

4. TIME TO DINE Bowl up the chicken sausage pasta, top with a scatter of the remaining basil, and garnish with a sprinkle of the chilli flakes. Enjoy, Chef!