



# UCCOOK

## Alfredo-style Chicken

with peas

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Nitída | Riesling

### Nutritional Info

	Per 100g	Per Portion
Energy	599kJ	3740kJ
Energy	143kcal	895kcal
Protein	10.6g	66.4g
Carbs	15g	93g
of which sugars	3.3g	20.9g
Fibre	1.5g	9.2g
Fat	4.3g	27.1g
of which saturated	2.1g	13.3g
Sodium	126mg	786mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

225g	300g	Penne Pasta
450g	600g	Free-range Chicken Mini Fillets <i>cut into bite-sized pieces</i>
30ml	40ml	NOMU Italian Rub
2	2	Onions <i>peel &amp; roughly slice</i>
45ml	60ml	Cake Flour
450ml	600ml	Full Cream UHT Milk
150g	200g	Peas
150g	200g	Cheddar Cheese <i>grate</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

**1. 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. CHICKEN** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and coat with a ¼ of the NOMU rub. When hot, fry the chicken in batches until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

**3. ALL TOGETHER** Return the pot to medium heat with a drizzle of oil if necessary. Fry the onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Add the flour, the remaining NOMU rub, and a knob of butter. Fry until fragrant, 1-2 minutes. Mix in the milk and 300ml [400ml] of water. Simmer until slightly thickening, 5-6 minutes. Mix in the pasta, the chicken, the peas and ¾ of the cheese. Simmer until the cheese is melted, 3-4 minutes. Remove from the heat and season.

**4. DINNER IS READY** Bowl up the loaded pasta and garnish with the remaining cheese. Well done, Chef!