



# UCOOK

## Minty Pea & Chicken Pasta

with lemon juice & **NOMU** Provençal Rub

Minted peas is a favourite side dish in Ireland. And with this easy recipe, you won't need a four-leaf clover to ensure cooking success! Pops of green peas swim in a creamy sauce around al dente penne pasta and golden-cooked chicken.

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Rhea Hsu

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Simple & Save

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Deetlefs Wine Estate | Deetlefs Stonecross  
Chardonnay

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## Ingredients & Prep

300g	Penne Pasta
2	Onions <i>1½ peeled &amp; roughly diced</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
150g	Peas
125ml	Fresh Cream
12g	Fresh Mint <i>rinsed, picked &amp; sliced</i>
30ml	Lemon Juice
3	Free-range Chicken Breasts
15ml	NOMU Provençal Rub

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Blender  
Paper Towel  
Butter

**1. PENNE PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.

**2. CREAMY PEA SAUCE** Place a pan, with a lid, over medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 3-4 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Stir in a small splash of water to deglaze the pan and remove from the heat. Stir in the peas and the cream until heated through.

**3. BLEND IT UP** In a blender, add ½ the sliced mint, ½ the lemon juice, and the peas & cream mixture. Blend until smooth. Add water in 10ml increments until smooth and the desired consistency. Season and set aside.

**4. GOLDEN, BUTTERY CHICKEN** Return the pan, wiped down, to medium heat with a drizzle of oil. Pat the chicken breasts dry with paper towel. When the pan is hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**5. ALMOST THERE...** Add the pea sauce to the pot of cooked pasta. Toss until combined and return the pot to a medium heat. Loosen with a splash of the pasta water and re-heat, 3-4 minutes.

**6. PASTA TIME!** Plate up the creamy pea pasta and top with the herby chicken slices. Drizzle over the remaining lemon juice (to taste) and garnish with the remaining mint. Finish it off with a crack of black pepper. Enjoy, Chef!



## Chef's Tip

If you would like to shred the chicken instead of slicing it, place it on a chopping board after frying. Use two forks (one to secure the chicken and the other to shred) to gently shred the chicken. Toss it through the pasta just before serving!

## Nutritional Information

Per 100g

Energy	732kj
Energy	175kcal
Protein	11.8g
Carbs	21g
of which sugars	2.5g
Fibre	1.9g
Fat	4.7g
of which saturated	2.4g
Sodium	68mg

## Allergens

Gluten, Dairy, Allium, Wheat

Eat  
Within  
3 Days