



# QCOOK

## Street Corn Pasta & Chicken

with spring onion & Danish-style feta

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Samantha du Toit

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 921kj    | 4315kj      |
| Energy             | 220kcal  | 1032kcal    |
| Protein            | 12.8g    | 59.8g       |
| Carbs              | 23g      | 105g        |
| of which sugars    | 2.5g     | 11.9g       |
| Fibre              | 1.7g     | 8.2g        |
| Fat                | 8.8g     | 41.2g       |
| of which saturated | 1.9g     | 8.7g        |
| Sodium             | 577mg    | 2196mg      |

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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| Serves 1 | [Serves 2] |                                                                                                     |
|----------|------------|-----------------------------------------------------------------------------------------------------|
| 100g     | 200g       | Fusili Pasta                                                                                        |
| 50g      | 100g       | Corn                                                                                                |
| 1        | 1          | Spring Onion<br><i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i> |
| 150g     | 300g       | Free-range Chicken Mini Fillets                                                                     |
| 7,5ml    | 15ml       | NOMU Poultry Rub                                                                                    |
| 20g      | 40g        | Danish-style Feta<br><i>drain</i>                                                                   |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>                                                             |
| 100ml    | 200ml      | Creamy Mayo<br><i>(50ml [100ml] Mayo &amp; 50ml [100ml] Greek Yoghurt)</i>                          |
| 10g      | 20g        | Green Leaves<br><i>rinse &amp; roughly shred</i>                                                    |

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

Blender

**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 & SPRING ONION** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn and the spring onion whites until lightly charred, 3-4 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. Remove from the pan and set aside.

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

**5. TIME TO ENJOY!** Dish up the loaded pasta. Top with the green leaves and chicken, drizzling over the pan juices. Scatter over the spring onion greens. Dinner is served, Chef!