



WCOOK

Waterkloof's Chicken Alfredo

with charred green beans

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 3 & 4

Chef: Waterkloof Wine Farm

Wine Pairing: Waterkloof | Seriously Cool Chenin blanc

Nutritional Info	Per 100g	Per Portion
Energy	691kJ	4952kJ
Energy	165kcal	1184kcal
Protein	11.8g	84.8g
Carbs	13g	93g
of which sugars	2.9g	20.8g
Fibre	1.2g	8.8g
Fat	7.2g	51.8g
of which saturated	3.1g	22.3g
Sodium	217mg	1555mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225g	300g	Penne Pasta
6 strips	8 strips	Streaky Pork Bacon
240g	320g	Green Beans <i>rinse & trim</i>
450g	600g	Free-range Chicken Mini Fillets
30ml	40ml	NOMU Italian Rub
2	2	Onions <i>peel & finely slice 1½ [2]</i>
45ml	60ml	Cake Flour
450ml	600ml	Full Cream UHT Milk
120g	160g	Cheddar Cheese <i>grate</i>
90g	120g	Italian-style Hard Cheese <i>peel into ribbons</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. AL DENTE 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. BETTER WITH BACON Place a pan (with a lid) over medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel, and roughly chop.

3. GREEN BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

4. NOMU-SPICED CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel and coat with a ¼ of the NOMU rub. Fry the chicken until golden and cooked through, 1-2 minutes per side.

5. COMFORTING CHEESE SAUCE 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, 3-4 minutes. Mix in the pasta, chicken, bacon, and the grated cheese. Simmer until the cheese is melted, 2-3 minutes. Remove from the heat and season.

6. AMAZING ALFREDO Serve the loaded pasta and garnish with the cheese ribbons and the parsley. Side with the charred beans. Well done, Chef!