



# UCOOK

## Creamy Pea & Chicken Pasta

with fresh mint, 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. Notes of fresh mint & lemon juice elevate this dish to a 'top of the mornin' to ya' triumph!

---

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes


---

**Serves:** 2 People

---

**Chef:** Rhea Hsu

---

 **\*NEW Simple & Save**

---

 **Vergelegen | Premium Sauvignon Blanc**

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

250g	Penne Pasta
1	Onion <i>peeled &amp; roughly diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
100g	Peas
100ml	Fresh Cream
8g	Fresh Mint <i>rinsed, picked &amp; sliced</i>
20ml	Lemon Juice
2	Free-range Chicken Breasts
10ml	NOMU Provençal Rub

## From Your Kitchen

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

**1. PENNE FOR YOUR THOUGHTS** Bring a pot of salted water to the boil for the pasta. Once boiling, cook the pasta for 8-10 minutes until al dente. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil to prevent sticking.

**2. LIKE 2 PEAS IN A POD** Place a pan, with a lid, over medium heat with a drizzle of oil. When hot, add the diced onion and fry for 3-4 minutes until soft, shifting occasionally. Add the grated garlic and fry for 1 minute until fragrant, 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. BLENDING IN** 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 a medium heat with a drizzle of oil. Pat the chicken breast dry with paper towel. When the pan is hot, fry the chicken, skin-side down, for 3-4 minutes until crispy and golden. Flip, pop on the lid, and fry for 3-4 minutes until cooked through. During the final 1-2 minutes, baste with a knob of butter and the rub. Remove from the heat and rest in the pan for 5 minutes before slicing and seasoning.

**5. MAKE IT SAUCY** 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 for 2-3 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	892kJ
Energy	213kcal
Protein	10.9g
Carbs	23g
of which sugars	2.8g
Fibre	2g
Fat	8.2g
of which saturated	3.5g
Sodium	67mg

## Allergens

Gluten, Dairy, Allium, Wheat

Cook  
within 3  
Days