



UCCOOK

Street Corn Pasta & Chicken

with spring onion & Danish-style feta

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Sophie Germanier Organic | Chardonnay Organic

Nutritional Info	Per 100g	Per Portion
Energy	1011kJ	4177kJ
Energy	242kcal	999kcal
Protein	13.9g	57.5g
Carbs	24g	99g
of which sugars	2.8g	11.4g
Fibre	1.6g	6.5g
Fat	10.1g	41.6g
of which saturated	2.1g	8.7g
Sodium	46mg	354mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Fusili Pasta
120g	160g	Corn
2	2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
3	4	Free-range Chicken Breasts
22,5ml	30ml	NOMU Poultry Rub
90g	120g	Danish-style Feta <i>drain</i>
2	2	Garlic Cloves <i>peel & grate</i>
150ml	200ml	Mayo
8g	10g	Fresh Basil

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Blender
Paper Towel
Butter
Seasoning (salt & pepper)

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, 4-6 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. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with a lid, 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, reserving the pan juices, and rest for 5 minutes before slicing and seasoning.

4. HOMEMADE DRESSING In a blender, blitz together the feta, the garlic, the mayo, a drizzle of olive oil, and seasoning until smooth. Loosen with water in 5ml increments until drizzling consistency. Mix the charred corn and spring onion, and the drained pasta together. Toss through the creamy dressing and season.

5. TIME TO ENJOY! Dish up the pasta salad. Top with the sliced chicken and drizzle over the pan juices. Scatter over the spring onion greens and garnish with the basil.