



UCCOOK

Smoked Chicken Mac 'n Cheese

with freshly dressed salad leaves

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Caitlin Swanepoel

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	772kJ	3926kJ
Energy	185kcal	939kcal
Protein	10.2g	51.7g
Carbs	20g	101g
of which sugars	2.9g	14.7g
Fibre	0.9g	4.8g
Fat	13.4g	68g
of which saturated	6.7g	34.1g
Sodium	373mg	1898mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
125ml	250ml	Low Fat Fresh Milk
100g	200g	Macaroni
65ml	125ml	Fresh Cream
65g	125g	Grated Cheddar Cheese
1	2	Smoked Chicken Breast/s <i>cut into bite-sized pieces</i>
1	2	Garlic Clove/s <i>peel & grate</i>
5ml	10ml	NOMU Italian Rub
10ml	20ml	Balsamic Vinegar
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
5g	10g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. **MMMACARONI** Place a pot over a medium heat. Add the milk, 150ml [300ml] of water, the macaroni and a small pinch of salt. Bring up to a simmer and cook for 10-15 minutes, stirring occasionally. When the pasta is al dente, mix through the cream, the cheese, and seasoning.

2. **ITALIAN-SPICED CHICKEN** Place a pan over a high heat with a drizzle of oil. When hot, add the chicken and char, 1-2 minutes. Add the garlic and the NOMU rub and fry until fragrant, 30 seconds - 1 minute. Remove from the pan and set aside.

3. **DRESSED FOR DINNER** When the mac 'n cheese is done, add the charred chicken and seasoning. In a salad bowl, combine the balsamic vinegar, a drizzle of olive oil, seasoning, and the salad leaves.

4. **PERFECT PLATE** Plate up a generous helping of the flavourful chicken mac 'n cheese. Sprinkle over the crispy onions and side with the dressed salad leaves. Simple yet stunning, Chef!