



# 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:** 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:

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Serves 1	[Serves 2]	
100g	200g	Fusili Pasta
40g	80g	Corn
1	1	Spring Onion <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
1	2	Free-range Chicken Breast/s
7,5ml	15ml	NOMU Poultry Rub
30g	60g	Danish-style Feta <i>drain</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
50ml	100ml	Mayo
3g	5g	Fresh Basil <i>rinse &amp; roughly slice</i>

## From Your Kitchen

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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, 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. 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.