



# UCOOK

## Cheesy Pasta & BBQ Chicken

**with matured cheddar & fresh lemon**

We love the meaning of 'casarecce' pasta, which literally means 'homemade', Chef! You will be cooking this pasta until al dente in a creamy, cheesy mixture until mouthwatering. Crown with BBQ-coated slices of chicken breast, a squeeze of lemon juice & fresh chives.

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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Quick & Easy

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Neil Ellis Wines | Neil Ellis Groenekloof Syrah 2021

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## Ingredients & Prep

|       |                                             |
|-------|---------------------------------------------|
| 225g  | Sliced Onions                               |
| 15ml  | NOMU BBQ Rub                                |
| 300g  | Casarecce Pasta                             |
| 150ml | Fresh Cream                                 |
| 150ml | Low Fat UHT Milk                            |
| 120g  | Grated Cheddar Cheese                       |
| 3     | Free-range Chicken Breasts                  |
| 125ml | The Sauce Queen Smokey BBQ Sauce            |
| 1     | Lemon<br><i>rinse &amp; cut into wedges</i> |
| 8g    | Fresh Chives<br><i>rinse &amp; slice</i>    |

## From Your Kitchen

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

**1. PASTA** Place a pot over medium heat with a drizzle of oil. When hot, fry the sliced onion until soft and lightly golden, 4-5 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes. Add the pasta, the cream, the milk, and 450ml of water. Simmer until the pasta is cooked through and the sauce is slightly thickening, 7-8 minutes. Mix in the grated cheese, remove from the heat, and season. Cover to keep warm. Just before serving, loosen with a splash of warm water if it's too thick.

**2. CHICKEN** Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 30-60 seconds, baste the chicken with the BBQ sauce. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing, and seasoning.

**3. DINNER IS READY** Dish up the creamy pasta, top with the chicken slices, drizzle over the reserved pan juices, and finish up with a squeeze of lemon juice. Garnish with the sliced chives. Enjoy, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 569kJ   |
| Energy             | 136kcal |
| Protein            | 8.7g    |
| Carbs              | 13g     |
| of which sugars    | 3.8g    |
| Fibre              | 1.5g    |
| Fat                | 5.7g    |
| of which saturated | 2.9g    |
| Sodium             | 123mg   |

## Allergens

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

Eat  
Within  
3 Days