



UCOOK

Parsley, Pea & Chicken Pasta

with a quick bechamel sauce

Dive into a plateful of delight! Tender chicken mince dances with vibrant peas in a luscious bed of fettuccine, all draped in a quick bechamel sauce. Dinner just got a whole lot more delicious!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Azola Poswa

 ***NEW Simple & Save**

 **Alvi's Drift | Signature Viognier**

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Ingredients & Prep

200g	Fettuccine Pasta
300g	Free-range Chicken Mince
1	Onion <i>peeled & finely diced</i>
100g	Peas
60ml	White Wine
60ml	Spiced Flour <i>(20ml NOMU Italian Rub & 40ml Cake Flour)</i>
200ml	Low Fat Fresh Milk
10g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

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, reserving the pasta water, and toss through a drizzle of olive oil.

2. COOK THE MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the diced onions and fry until soft, 3-4 minutes. Add the peas and the wine. Simmer until the wine has evaporated. Season, and remove from the pan.

3. QUICK BECHAMEL Return the pan to medium heat with 60g of butter. Once melted, vigorously whisk in the spiced flour to form a roux. Cook out for 1-2 minutes (whisking constantly). Slowly mix in the milk until thickened slightly (whisking continuously). If the bechamel is too thick for your liking, loosen with the reserved pasta water. Remove from the heat.

4. JUST BEFORE SERVING Add the bechamel and the mince to the pot with the drained pasta. Return to medium heat, mix to combine, and loosen with any remaining pasta water if it's too thick. Cook until warmed through, 1-2 minutes. Remove from the heat, mix in the chopped parsley, and season.

5. TIME TO EAT Make a bed of the loaded pasta and tuck in, Chef!

Nutritional Information

Per 100g

Energy	634kJ
Energy	152kcal
Protein	8.8g
Carbs	20g
of which sugars	2.8g
Fibre	1.7g
Fat	3.4g
of which saturated	1.1g
Sodium	101mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within 1
Day