



# QCOOK

## Creamy Garlic Chicken Pasta

with paprika spiced mushrooms

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Hellen Mwanza

### Nutritional Info

	Per 100g	Per Portion
Energy	953kj	4070kj
Energy	228kcal	973kcal
Protein	15g	64.2g
Carbs	15g	66g
of which sugars	1.7g	7.3g
Fibre	1.6g	6.7g
Fat	9.4g	40.1g
of which saturated	5.4g	22.9g
Sodium	97mg	413mg

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

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
100g	200g	Farfalle Pasta
150g	300g	Free-range Chicken Mini Fillets
5ml	10ml	NOMU Italian Rub
65g	125g	Button Mushrooms <i>wipe clean &amp; cut into quarters</i>
1	2	Garlic Clove/s <i>peel &amp; grate</i>
5ml	10ml	Ground Paprika
50ml	100ml	Crème Fraîche
50ml	100g	Grated Emmental Cheese
3g	5g	Fresh Parsley <i>rinse &amp; pick</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
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. NOMU-SPICED CHICKEN** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, season, and set aside.

**3. MMMUSHROOMS** Return the pan to medium heat with a drizzle of oil and a knob of butter. Fry the mushrooms until golden, 5-6 minutes (shifting occasionally). Add the garlic and paprika until fragrant, 1-2 minutes. Remove from the heat and add the creme fraiche, cheese, and a splash of pasta water. Mix in the pasta and seasoning.

**4. DREAMY DINNER** Bowl up the creamy pasta, top with the golden chicken, and garnish with the parsley. Enjoy!