



UCCOOK

BBQ Chicken & Cheesy Pasta

with matured cheddar & fresh lemon

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis Groenekloof Syrah

Nutritional Info	Per 100g	Per Portion
Energy	577kJ	4193kJ
Energy	138kcal	1003kcal
Protein	8.7g	63.3g
Carbs	13g	96g
of which sugars	3.6g	26.4g
Fibre	1.5g	10.6g
Fat	5.9g	42.7g
of which saturated	3g	22g
Sodium	136mg	987mg

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

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75g	150g	Sliced Onions
5ml	10ml	NOMU BBQ Rub
100g	200g	Casarecce Pasta
50ml	100ml	Fresh Cream
50ml	100ml	Low Fat UHT Milk
40g	80g	Grated Cheddar Cheese
1	2	Free-range Chicken Breast/s
40ml	80ml	The Sauce Queen Smokey BBQ Sauce
1	1	Lemon <i>rinse & cut into wedges</i>
3g	5g	Fresh Chives <i>rinse & slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. PASTA Place a pot over medium heat with a drizzle of oil. When hot, fry the onion until soft and lightly golden, 3-4 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes. Add the pasta, the cream, the milk, and 150ml [300ml] of water. Simmer until the pasta is cooked through and the sauce is slightly thickening, 5-7 minutes. Mix in the 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 chives. Enjoy, Chef!