



QCOOK

Creamy Garlic Chicken Pasta

with paprika spiced mushrooms

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

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:

Serves 3	[Serves 4]	
300g	400g	Farfalle Pasta
450g	600g	Free-range Chicken Mini Fillets
15ml	20ml	NOMU Italian Rub
190g	250g	Button Mushrooms <i>wipe clean & cut into quarters</i>
3	4	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Ground Paprika
150ml	200ml	Crème Fraîche
150g	200g	Grated Emmental Cheese
8g	10g	Fresh Parsley <i>rinse & pick</i>

From Your Kitchen

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. You may need to do this step in batches. 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, 6-7 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!