Eat Within 2 Days

UCOOK

Creamy Garlic Chicken Pasta

with paprika spiced mushrooms

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Fan Faves: Serves 3 & 4

Chef: Hellen Mwanza

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	948kJ	4095kJ
Energy	227kcal	979kcal
Protein	15.1g	65.4g
Carbs	15g	66g
of which sugars	1.7g	7.3g
Fibre	1.5g	6.7g
Fat	9.3g	40.2g
of which saturated	5.3g	23g
Sodium	96mg	416mg

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

Spice Level: Mild

Ingredients & Prep Actions:

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

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 and cut into strips. 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 have 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 crème fraîche, 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!