



# UCCOOK

## One Pot Creamy Chicken Pasta

with basil pesto

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Zevenwacht | Estate Chardonnay

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 591kJ    | 3310kJ      |
| Energy             | 141kcal  | 792kcal     |
| Protein            | 9.9g     | 55.6g       |
| Carbs              | 16g      | 89g         |
| of which sugars    | 3g       | 17g         |
| Fibre              | 1.7g     | 9.5g        |
| Fat                | 4.1g     | 22.9g       |
| of which saturated | 1g       | 5.5g        |
| Sodium             | 198mg    | 1387mg      |

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                               |
|----------|------------|-----------------------------------------------|
| 1        | 2          | Free-range Chicken Breast/s                   |
| 1        | 1          | Onion<br><i>peel &amp; finely slice ½ [1]</i> |
| 10ml     | 20ml       | NOMU Italian Rub                              |
| 10ml     | 20ml       | Cake Flour                                    |
| 100ml    | 200ml      | Low Fat UHT Milk                              |
| 75g      | 150g       | Penne Pasta                                   |
| 50g      | 100g       | Peas                                          |
| 30ml     | 60ml       | Pesto Princess Basil Pesto                    |

## From Your Kitchen

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

**1. GOLDEN CHICKEN** Place a pot (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and season. 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 1-2 minutes, baste the chicken with a knob of butter. Remove from the pot. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).[]

**2. ONE POT** Return the pot to medium heat with a drizzle of oil if necessary. Fry the onion until soft, 4-5 minutes. Add the NOMU rub and flour. Fry until fragrant, 30-60 seconds. Whisk in the milk, add the pasta, and 250ml [500ml] of water. Cook until the pasta is al dente, 10-12 minutes.

**3. SOME PREP** While the pasta is cooking, use two forks (one to secure the chicken and the other to shred) and gently shred the chicken. Loosen the pesto with olive oil until drizzling consistency. When the pasta has 3-5 minutes to go, mix in the peas and cook until warmed through. Remove from the heat, mix in the shredded chicken, and season.

**4. TIME TO DINE** Bowl up the creamy chicken pasta, and finish with dollops of the pesto. Enjoy, Chef!