



UCCOOK

Minty Pea & Chicken Pasta

**with caramelised onion & a creamy
bechamel sauce**

Vibrant green peas dance in a luscious bechamel sauce, enveloping al dente penne pasta. Topped with perfectly golden-cooked herby chicken pieces.


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Rhea Hsu

 Simple & Save

 Deetlefs Wine Estate | Deetlefs Stonecross
Chardonnay

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us
[@ucooksa](#) [#lovingucook](#)

Ingredients & Prep

200g	Penne Pasta
1	Onion <i>peeled & roughly sliced</i>
2	Free-range Chicken Breasts
10ml	NOMU Provençal Rub
20ml	Cake Flour
200ml	Low Fat Fresh Milk
100g	Peas
5g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
20ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter
Paper Towel

1. PENNE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. SWEET ONIONS Place a pan (with a lid) over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

3. GOLDEN CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with a lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. SILKY SAUCE Return the pan to medium heat with 20g of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out, 1-2 minutes (stirring constantly). Slowly whisk in the milk until the sauce thickens slightly. If the béchamel is too thick for your liking, loosen with a splash of water. Remove from the heat and season.

5. ALL TOGETHER NOW Add the peas, ½ the chopped mint, the caramelised onions, and the cooked pasta to the bechamel. Mix until the pasta is fully coated and the peas are warmed through. Loosen with a splash of water if it's too thick. Season.

6. FINAL TOUCHES Plate up the creamy pea pasta and top with the herby chicken slices. Drizzle over the lemon juice and garnish with the remaining mint. Finish it off with a crack of black pepper. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	596kJ
Energy	142kcal
Protein	10.9g
Carbs	20g
of which sugars	3g
Fibre	1.7g
Fat	1.9g
of which saturated	0.7g
Sodium	65mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within 3
Days