



U COOK

Street Corn Pasta & Chicken

with spring onion & Danish-style feta

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	919.1kJ	4287.3kJ
Energy	219.8kcal	1025.1kcal
Protein	13g	60.7g
Carbs	22.2g	103.5g
of which sugars	2.5g	11.7g
Fibre	1.5g	6.8g
Fat	8.7g	40.7g
of which saturated	1.8g	8.4g
Sodium	158mg	737.2mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

100g	200g	Fusili Pasta
50g	100g	Corn
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
1	2	Free-range Chicken Breast/s <i>pat dry & cut into 1-2cm thick strips</i>
7,5ml	15ml	NOMU Poultry Rub
20g	40g	Danish-style Feta <i>drain</i>
1	1	Garlic Clove <i>peel & grate</i>
100ml	200ml	Creamy Mayo <i>(50ml [100ml] Mayo & 50ml [100ml] Greek Yoghurt)</i>
3g	5g	Fresh Basil <i>rinse, pick & roughly tear</i>

- 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 and toss through a drizzle of olive oil.
- 2. CORN & SPRING ONION** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn and the spring onion whites until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. NOMU-SPICED CHICKEN** Return the pan to medium heat with a drizzle of oil and a knob of butter. Pat the chicken dry with paper towel. Coat with the NOMU rub and season. Fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan and set aside.
- 4. HOMEMADE DRESSING** In a blender, blitz together the feta, the garlic (to taste), the creamy mayo, a drizzle of olive oil, and seasoning until smooth. Loosen with water in 5ml increments until drizzling consistency. Mix the corn and spring onion, and the pasta together. Toss through the creamy dressing and season.
- 5. TIME TO ENJOY!** Dish up the loaded pasta. Top with the chicken and drizzle over the pan juices. Scatter over the spring onion greens and garnish with the basil leaves.

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

Blender