



UCOOK

Cheesy Pasta & BBQ Chicken

with matured cheddar & fresh lemon

We love the meaning of 'casarecce' pasta, which literally means 'homemade', Chef! You will be cooking this pasta until al dente in a creamy, cheesy mixture until mouthwatering. Crown with BBQ-coated slices of chicken breast, a squeeze of lemon juice & fresh chives.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Neil Ellis Wines | Neil Ellis Groenekloof Syrah 2021

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Ingredients & Prep

75g	Sliced Onions
5ml	NOMU BBQ Rub
100g	Casarecce Pasta
50ml	Fresh Cream
50ml	Low Fat UHT Milk
40g	Grated Cheddar Cheese
1	Free-range Chicken Breast
40ml	The Sauce Queen Smokey BBQ Sauce
1	Lemon <i>rinse & cut into wedges</i>
3g	Fresh Chives <i>rinse & slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. PASTA Place a pot over medium heat with a drizzle of oil. When hot, fry the sliced onion until soft and lightly golden, 3-4 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes. Add the pasta, the cream, the milk, and 150ml of water. Simmer until the pasta is cooked through and the sauce is slightly thickening, 5-7 minutes. Mix in the grated cheese, remove from the heat, and season. Cover to keep warm. Just before serving, loosen with a splash of warm water if it's too thick.

2. CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. 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 30-60 seconds, baste the chicken with the BBQ sauce. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing, and seasoning.

3. DINNER IS READY Dish up the creamy pasta, top with the chicken slices, drizzle over the reserved pan juices, and finish up with a squeeze of lemon juice. Garnish with the sliced chives. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	569kJ
Energy	136kcal
Protein	8.7g
Carbs	13g
of which sugars	3.8g
Fibre	1.5g
Fat	5.7g
of which saturated	2.9g
Sodium	123mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Cow's Milk

Eat
Within
3 Days