



UCOOK

Creamy Chicken Paprika Pasta

with mushrooms, fresh cream & grated Italian-style hard cheese

Chicken is cooked until golden and tender and laid on top of farfalle pasta, then mixed with a paprika-infused cream sauce with mushrooms & white wine for even more richness. Sprinkles of grated Italian-style cheese take it over the top, making it a dish that you'll crave again and again.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Quick & Easy

 Creation Wines | Creation Merlot

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Ingredients & Prep

125g	Farfalle Pasta
1	Free-range Chicken Breast
125g	Button Mushrooms <i>cut into quarters</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	Tomato Paste
30ml	White Wine
15ml	Cake Flour
100ml	Fresh Cream
10ml	Ground Paprika
15ml	Lemon Juice
30ml	Grated Italian-style Hard Cheese
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. PERFECT PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.

2. SEARED CHICKEN While the pasta is boiling, place a pan (that has a lid) over a medium-high heat with a drizzle of oil. Pat the chicken breast dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning. Cover to keep warm.

3. WHILE THE CHICKEN IS COOKING... Return the pot to a medium-high heat with a drizzle of oil. When hot, fry the quartered mushrooms until golden, 4-5 minutes. Remove from the pot and set aside.

4. CREAMY PAPRI SAUCE Return the pot to a medium-high heat with a drizzle of oil. When hot, add the grated garlic, the tomato paste, and the wine. Cook until almost all evaporated, 1-2 minutes. Add 20g of butter and the flour. Fry for 1-2 minutes (shifting constantly). Remove from the heat and gradually stir in the cream, making sure there are no lumps. Loosen the sauce with the reserved pasta water until the desired consistency.

5. WHEN IT ALL COMES TOGETHER Return the pot with the sauce to a medium-high heat and bring to a simmer. Stir through the paprika, the lemon juice (to taste), the cooked pasta, the cooked mushrooms, ½ the grated cheese, ½ the chopped parsley, a sweetener of choice (to taste), and seasoning.

6. PLATE IT UP Plate up the creamy paprika pasta and sprinkle over the remaining cheese. Top with the chicken slices and garnish with the remaining parsley. Indulge yourself, Chef!

Chef's Tip

Air fryer method: Coat the chicken in oil and season. Air fry at 200°C until browned and cooked through, 10-12 minutes. Rest for 5 minutes before slicing.

Nutritional Information

Per 100g

Energy	839kJ
Energy	200kcal
Protein	11.1g
Carbs	19g
of which sugars	1.9g
Fibre	1.7g
Fat	8.4g
of which saturated	4.6g
Sodium	44mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Alcohol

Cook
within 3
Days