



# UCOOK

## 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.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Rhea Hsu

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Simple & Save

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Deetlefs Wine Estate | Deetlefs Stonecross  
Chardonnay

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## Ingredients & Prep

100g	Penne Pasta
1	Onion <i>peel &amp; roughly slice ½</i>
1	Free-range Chicken Breast
5ml	NOMU Provençal Rub
10ml	Cake Flour
100ml	Low Fat UHT Milk
50g	Peas
3g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
10ml	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 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 (to taste). 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 10g 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	548kJ
Energy	131kcal
Protein	10g
Carbs	19g
of which sugars	3g
Fibre	1.6g
Fat	1.7g
of which saturated	0.6g
Sodium	40mg

## Allergens

Cow's Milk, Gluten, Allium, Wheat

Eat  
Within  
3 Days