



UCCOOK

Alfredo-style Chicken

with peas

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Pinotage

Nutritional Info

	Per 100g	Per Portion
Energy	594kJ	3720kJ
Energy	142kcal	890kcal
Protein	10.8g	67.4g
Carbs	15g	92g
of which sugars	3.2g	20.1g
Fibre	1.4g	8.7g
Fat	4.3g	26.8g
of which saturated	2.1g	13.2g
Sodium	484mg	2832mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225g	300g	Penne Pasta
3	4	Free-range Chicken Breasts <i>cut into bite-sized pieces</i>
30ml	40ml	NOMU Italian Rub
2	2	Onions <i>peel & roughly slice</i>
45ml	60ml	Cake Flour
450ml	600ml	Full Cream UHT Milk
150g	200g	Peas
150g	200g	Cheddar Cheese <i>grate</i>

From Your Kitchen

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

1. 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. CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and coat with a $\frac{1}{4}$ of the NOMU rub. When hot, fry the chicken in batches until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

3. ALL TOGETHER Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Add the flour, the remaining NOMU rub, and a knob of butter. Fry until fragrant, 1-2 minutes. Mix in the milk and 300ml [400ml] of water. Simmer until slightly thickening, 5-6 minutes. Mix in the pasta, the chicken, the peas and $\frac{3}{4}$ of the cheese. Simmer until the cheese is melted, 3-4 minutes. Remove from the heat and season.

4. DINNER IS READY Bowl up the loaded pasta and garnish with the remaining cheese. Well done, Chef!

Chef's Tip