



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.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Rhea Hsu

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Chardonnay

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Ingredients & Prep

300g	Penne Pasta
2	Onions <i>peel & roughly slice 1½</i>
3	Free-range Chicken Breasts
15ml	NOMU Provençal Rub
30ml	Cake Flour
300ml	Low Fat UHT Milk
150g	Peas
8g	Fresh Mint <i>rinse, pick & roughly chop</i>
30ml	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, 12-15 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 30g of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out, 2-3 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