

Title: Recipes

Recipe: Peppery Pasta with Corn and Mushrooms

Short Description: Looking for a quick fix for lunch? Try this veg-tastic pasta loaded with corn, mushrooms in a creamy peppery sauce prepared with NESTLÉ MILKPAK Cream.

Video Link: No

INGREDIENTS

- NESTLÉ MILKPAK Cream-½ cup
- NESTLÉ MILKPAK UHT Milk-1 cup and add milk as needed
- All-purpose flour - 1 tbsp
- Basil - ½ tsp, dried
- Black pepper - 1½ tsp, crushed
- Butter - 2 tbsp
- Capsicum - ½ cup, chopped
- Garlic - 2 cloves
- Jalapeño pepper - 2 tbsp, chopped
- Mushrooms - 4 oz, diced
- Onion - ½ cup, chopped
- Pasta - 2 cups
- Salt - 1 tsp
- Spring onion - ½ cup, chopped
- Sweet corn - ½ cup

• CALORIES/SERVING

• *172 Kcal.*

• CARBOHYDRATES

• *26 g*

• PROTEIN

• *5.4 g*

• FATS

• *5.5 g*

• SPECIAL INGREDIENT

• NESTLÉ MILKPAK Cream

• NESTLÉ MILKPAK UHT Milk

Difficulty Level: Easy

COOKING TIME: 20 minutes

BAKING TIME: NA

Instructions:

- **Step 1:** Boil a pot of water, and add the pasta. Season it with some salt.
- **Step 2:** Meanwhile, make the pasta sauce. In a saucepan add 1/2 teaspoon of olive oil, wait till the oil is hot.
- **Step 3:** Turn the heat low and sauté the diced onion, unsalted butter, and garlic.
- **Step 4:** Make sure not to overcook the onion.
- **Step 5:** Add chopped vegetables and leave it for 10 minutes so they become tender. You can add more butter if you like.
- **Step 6:** Put 1/2 teaspoon of salt, 1 teaspoon of black pepper, NESTLÉ MILKPAK Cream and NESTLÉ MILKPAK UHT Milk and cook for a while.
- **Step 7:** Add 1 tablespoon of all-purpose flour to make it stickier and add the chopped green onions to add color to the pasta.
- **Step 8:** Now mix the boiled pasta with the creamy sauce.

This recipe serves 2 to 3.

Title: Recipes

Recipe: Cajun Chicken Pasta

Short Description: Serve up a spicy dinner for 2 with this white sauce chicken pasta made with NESTLÉ MILKPAK Cream and the heat of Cajun cuisine!

Video Link: No

INGREDIENTS

- • NESTLÉ MILKPAK Cream- 1 ½ cups
- • Basil - ½ tsp, dried
- • Black pepper - ½ tsp, ground
- • Butter - 2 tbsp
- • Chicken - 2, boneless, skinless, breast halves, cut into thin strips
- • Garlic - ½ tsp, powder
 - Onion - 1 (green), thinly sliced
 - Oregano - 1 tsp, for Cajun seasoning
 - Paprika - 1 tsp, for Cajun seasoning
 - Pasta - 4 oz, linguine, cooked al dente
 - Pepper - 1 tsp, for Cajun seasoning
 - Red chili - 1 tsp, for Cajun seasoning
 - Salt - 1 tsp and 2½ tsp, for Cajun seasoning

- Sun dried tomatoes - 2 tbsp, chopped

• CALORIES/SERVING
• <i>248 Kcal.</i>
• CARBOHYDRATES
• <i>22.5 g</i>
• PROTEIN
• <i>18 g</i>
• FATS
• <i>6.85 g</i>
• SPECIAL INGREDIENT
• NESTLÉ MILKPAK Cream

Difficulty Level: Medium

COOKING TIME: 15 minutes

BAKING TIME: NA

Instructions:

Step 1: Place chicken and 1 tbsp of Cajun seasoning in a bowl and toss to coat. (Cajun Seasoning: combine all spices for Cajun seasoning in a bowl and mix well, use as directed in the recipe)

Step 2: In a large skillet over medium heat, sauté chicken in butter till the chicken is tender, for about 5 to 7 minutes.

Step 3: Reduce heat and add green onion, NESTLÉ MILKPAK Cream, tomatoes, basil, salt, garlic powder, and black pepper.

Step 4: Pour it over the hot linguine pasta and toss with Parmesan cheese.

This recipe serves 2.

Title: Recipes

Recipe: Pasta in Creamy Spinach Sauce

Short Description: Pasta lovers, no matter how you do it – it will a taste to savor! Try this creamy pasta with Spinach sauce made with NESTLÉ MILKPAK Cream and NESTLÉ MILKPAK UHT Milk-50 ml.

Video Link: No

INGREDIENTS

- NESTLÉ MILKPAK Cream-200 ml
- NESTLÉ MILKPAK UHT Milk-50 ml
- Black pepper - to taste, freshly ground
- Cheese - 100 g, grated, parmesan
- Garlic - 3 cloves
- Nutmeg - ¼ tsp, powder
- Olive oil - 1 tbsp
- Onion - 30 g, chopped
- Pasta - 100 g
- Red chili flakes - ½ tsp, dry
- Salt - to taste
- Spinach - 100 g, blanched
- Walnut - 30 g, chopped

- CALORIES/SERVING
- *180 Kcal.*
- CARBOHYDRATES
- *16 g*
- PROTEIN
- *4 g*
- FATS
- *4 g*
- SPECIAL INGREDIENT
- NESTLÉ MILKPAK Cream
- NESTLÉ MILKPAK UHT Milk

Difficulty Level: Medium

COOKING TIME: 20 minutes

BAKING TIME: NA

Instructions:

Step 1: Boil the pasta in salted water for 5-7 minutes till it's cooked. Drain.

Step 2: Heat the oil in a pan, add the onions and sauté for 5 minutes.

Step 3: Add the crushed garlic, chilli flakes, spinach and mix well. Remove from the flame.

Step 4: Transfer the mixture to a blender and blend till smooth.

Step 5: Add walnuts, NESTLÉ MILKPAK UHT Milk, NESTLÉ MILKPAK cream, cheese, salt and pepper to a pan.

Step 6: Transfer the sauce back into the pan and keep aside.

Step 7: Drain the pasta and add the spinach sauce.

Step 8: Add the remaining cheese and nutmeg, mix well and cook for more 2 minutes.

This recipe serves 2.

Title: Recipes

Recipe Name: Baked Vegetables and Pasta

Short Description:

Stir fried vegetables mixed with boiled pasta and mixed with sauce made with [NESTLÉ MILKPAK Cream](#), the mixture baked with cheese later, resulting in a tasty and healthy dish.

Video Link: No

Ingredients:

[NESTLÉ MILKPAK Cream](#)-400 ml (2pkts)

Cabbage- ½ cup, julienne

Carrots-½ cup, julienne

Capsicum-½ cup, julienne

Baby corn-½ cup, julienne

Button mushrooms-½ cup, sliced

Broccoli-1 cup, florets (boiled)

Pasta (any shape) - 1/2 packet

Salt-1 tbsp (for boiling pasta)

Salt-to taste

Black pepper powder-2 tsp

Olive oil-1 tbsp (for boiling pasta)

Olive oil-2 tbsp

White pepper powder-½ tbsp

Tomato sauce-1 tbsp

Chilli garlic sauce-4 tbsp

Oyster sauce-2 tbsp

Garlic-1 ½ tsp, chopped

Cheddar cheese- 1 cup, grated

Nutritional facts for 80 gm serving

Total energy (kcal) **173.6**

Carbs (g): 16

Fats (g): 10.4

Proteins (g): 4.72

Instructions:

Step 1: For boiling pasta, put 1 tbsp oil and 1 tbsp salt in a pot of boiling water. Add pasta.

Step 2: After boiling pasta for 7-9 minutes, drain and rinse with cold water. Keep aside.

Step 3: In another pan, heat 2 tbsp olive oil add garlic and sauté.

Step 4: Add all vegetables and stir fry for 3-4 minutes. Remove from pan and keep aside.

Step 5: Take a large bowl pour the [NESTLÉ MILKPAK Cream](#) in it and add salt, black pepper powder, white pepper powder, and all sauces in it.

Step 6: Mix them well.

Step 7: Add pasta and vegetables in the cream mixture.

Step 8: Take an oven proof dish and put the pasta and vegetable mixture in it.

Step 9: Sprinkle cheddar cheese on it and bake for 15- 20 min.

Step 10: Serve it hot.

Serves: 6-8

Title: Recipes

Recipe: Garlicy Penne Pasta

Short Description: Busy nights call for a quick fix and pasta is often the way to go! Toss some pasta, garlic, chicken stock, parsley, cheese and NESTLÉ MILKPAK UHT Milk into a skillet for this quick 5 minute garlicy pasta!

Video Link: No

INGREDIENTS

- NESTLÉ MILKPAK UHT Milk- $\frac{3}{4}$ cup
- Penne pasta - 1 lb, drained
- Butter - 2 tbsp, margarine
- Garlic - 1 $\frac{1}{2}$ tbsp, minced
- Flour - 2 tbsp
- Chicken stock - $\frac{3}{4}$ cup
- Parsley - 2 tsp
- Salt - to taste
- Pepper - to taste
- Cheese - $\frac{1}{2}$ cup, parmesan, grated

- CALORIES/SERVING

- *245 Kcal.*

- CARBOHYDRATES

- *36 g*

- PROTEIN

- 10g
- FATS
- 6.4 g
- SPECIAL INGREDIENT
- NESTLÉ MILKPAK UHT Milk

Difficulty Level: Easy

COOKING TIME: 5 minutes

BAKING TIME: NA

Instructions:

Step 1: Melt butter and add garlic in a medium sauce pan.

Step 2: Cook over medium heat for 1 minute.

Step 3: Add flour and cook for 1 minute, stirring constantly.

Step 4: Stir in stock and Nestlé MILKPAK UHT MILK and cook, stirring frequently, until sauce boils and thickens.

Step 5: Add parsley, salt, pepper and cheese.

Step 6: Stir until cheese is melted.

Step 7: Toss hot pasta with sauce and serve immediately.

This recipe serves 6 to 8.

Recipe: Spaghetti Alfredo

Short Description: Plan a dinner date at home and sweep your partner off their feet with this recipe of rich and tasty Spaghetti Alfredo, made with the goodness of NESTLÉ MILKPAK Cream, chicken and cheese.

Video Link: <https://vimeo.com/131410543>

INGREDIENTS

- NESTLÉ MILKPAK Cream-1¼ cup
- Black pepper - ¼ tsp, freshly ground
- Chicken - 1 cup, boiled and roughly shredded
- Mozzarella cheese - ½ cup, grated

- Mushrooms - 6-8 pieces, sliced
- Oil - 1 tsp
- Parsley - 2-3 tablespoon, chopped
- Pasta - 500 grams, spaghetti
- Salt - ¼ tsp

CALORIES/SERVING

311 KCal

CARBOHYDRATES

32 g

PROTEIN

12 g

FATS

15 g

SPECIAL INGREDIENT

NESTLÉ MILKPAK Cream

COOKING TIME: 15 minutes

Baking Time: NA

Difficulty Level: Easy

INSTRUCTIONS

Step1: Add the pasta to a large pan of rapidly boiling water and cook until just tender. Drain in a colander, return to the pan and keep warm.

Step2: Heat 1 teaspoon oil in a pan, sauté mushrooms and chicken until it lightly changes color.

Step 3: Put grated mozzarella cheese and NESTLÉ MILKPAK Cream together in the same pan and bring to the boil, stirring constantly. Add salt and black pepper and stir well.

Step 4: Add drained pasta and parsley in the pan and toss well to combine. Serve hot.

This recipe serves 4.

Title: Recipes

Recipe: Fettuccini Alfredo

Short Description: This creamy and cheesy amalgam of chicken, mushrooms, **NESTLÉ MILKPAK Cream**, pasta and mozzarella cheese, seasoned with salt and pepper tempts you to dive into a pool of gooeyness with every bite.

INGREDIENTS

- **NESTLÉ MILKPAK Cream**-1¼ cup
- Black pepper - ¼ tsp., freshly ground
- Chicken - 1 cup, boiled & roughly shredded
- Mozzarella cheese - ½ cup, grated
- Mushrooms - 6-8 pieces, sliced
- Oil - 1 tsp.
- Parsley - 2-3 tbsp., chopped
- Pasta - 500 gm.
- Salt - ¼ tsp.

Video Link: No

CALORIES/SERVING

311 Kcal.

CARBOHYDRATES

32 g

PROTEIN

12 g

FATS

15 g

SPECIAL INGREDIENT

NESTLÉ MILKPAK Cream

Difficulty Level: Easy

COOKING TIME: 10 minutes

BAKING TIME: NA

Instructions:

Step 1: Add the pasta to a large pan of rapidly boiling water and cook until just tender. Drain in a colander, return to the pan and keep warm.

Step2: Heat 1 tsp. oil in a pan, sauté mushrooms and chicken till they lightly change color.

Step 3: Put grated mozzarella cheese and **NESTLÉ MILKPAK Cream** together in the same pan and bring to a boil, stirring constantly.

Step 4: Add salt and black pepper. Stir well.

Step 5: Add drained pasta in the pan and toss well to combine.

Step 6: Serve hot.

This dish serves 4.

