



Eat Within 3 Days

UCCOOK

Creamy Mushroom Chicken & Udon Noodles

with bell pepper

Hands-on Time: 35 minutes

Overall Time: 50 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	277kJ	2044kJ
Energy	66kcal	489kcal
Protein	6.8g	49.8g
Carbs	8g	58g
of which sugars	1g	10g
Fibre	1g	10g
Fat	0.9g	6.7g
of which saturated	0.3g	2.2g
Sodium	46.1mg	340mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Free-range Chicken Mini Fillets
30ml	40ml	Herby Rub Mix (15ml [20ml] <i>NOMU Indian Rub & 15ml [20ml] Cornflour</i>)
3	4	Bell Peppers <i>rinse, deseed & roughly slice</i>
375g	500g	Button Mushrooms <i>wipe clean & roughly chop</i>
2	2	Garlic Cloves <i>peel & grate</i>
300g	400g	Udon Noodles
60g	80g	Spinach <i>rinse & shred</i>
30ml	40ml	Lemon Juice
150ml	200ml	Low Fat Plain Yoghurt

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. COOK THE CHICKEN Place a pan over medium heat. Pat the chicken dry with paper towel and lightly coat in cooking spray. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

2. HERBY STOCK & VEG In a small bowl, combine the herby rub mix with 45ml [60ml] of water. Set aside. Return the pan to medium-high heat. When hot, add the pepper and lightly coat in cooking spray. Cook until lightly charred, 4-5 minutes (shifting occasionally). Add the mushrooms and fry until golden, 6-7 minutes (shifting occasionally). Season and remove from the pan.

3. ALL TOGETHER NOW Return the pan to medium heat. When hot, add the garlic and lightly add cooking spray (if needed). Fry until fragrant, 30-60 seconds (shifting constantly). Add 300ml [400ml] of water and bring to a simmer. Stir in the diluted stock mix and the udon noodles and simmer until the noodles are cooked through, 3-4 minutes. In the final minute, add the spinach. Remove from the heat and stir through the lemon juice, the plain yoghurt, the cooked chicken, the cooked mushrooms and peppers. Loosen with a splash of warm water (if necessary) and season.

4. DINNER'S READY! Bowl up the hearty mushroom chicken and noodles. Get ready to eat, Chef!