

UCCOOK

Asian-style Chicken & Noodle Salad

with julienne carrots & cashew nuts

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	586kJ	3107kJ
Energy	140kcal	743kcal
Protein	9.4g	49.8g
Carbs	16g	86g
of which sugars	3.3g	17.6g
Fibre	1.3g	6.7g
Fat	4g	21g
of which saturated	0.9g	4.6g
Sodium	179mg	949mg

Allergens: Shellfish, Egg, Fish, Gluten, Tree Nuts, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1 cake	2 cakes	Egg Noodles
150g	300g	Free-range Chicken Mini Fillets
50g	100g	Corn
75g	150g	Sliced Onion
75g	150g	Julienne Carrots
1 pack	2 packs	UCOOK Asian Sauce
1	1	Fresh Chilli <i>rinse, trim, deseed & roughly slice</i>
15ml	30ml	Lime Juice
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
15g	30g	Cashew Nuts
3g	5g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. NOODLES Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 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. When hot, fry the chicken 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-high heat with a drizzle of oil. When hot, fry the corn and the onion until lightly charred, 3-4 minutes (shifting occasionally). Mix in the noodles, carrots, chicken, chilli (to taste), and the Asian sauce until coated. Remove from the heat.

4. DINNER IS READY In a salad bowl, combine the lime juice, a drizzle of olive oil, and mix in the salad leaves. Bowl up a bed of the dressed leaves, top with the loaded noodles, and scatter over the nuts. Garnish with a sprinkle of the chives and dig in, Chef!

Chef's Tip Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.