



# UCCOOK

## Coconut Chicken & Thai Noodle Salad

with toasted coconut flakes & fresh coriander

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Rhea Hsu

**Wine Pairing:** Strandveld | First Sighting Sauvignon Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	643kJ	3284kJ
Energy	154kcal	786kcal
Protein	9.6g	48.9g
Carbs	15g	74g
of which sugars	1.7g	8.5g
Fibre	1.3g	6.9g
Fat	5.9g	30g
of which saturated	4.3g	21.7g
Sodium	168mg	858mg

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

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1 cake	2 cakes	Egg Noodles
1	2	Free-range Chicken Breast/s
50g	100g	Corn
75g	150g	Sliced Onions
15ml	30ml	Red Curry Paste
100ml	200ml	Coconut Milk
10g	20g	Fresh Ginger <i>peel &amp; grate</i>
10ml	20ml	Lime Juice
20g	40g	Green Leaves <i>rinse &amp; roughly shred</i>
3g	5g	Fresh Coriander <i>rinse &amp; pick</i>
1	1	Fresh Chilli <i>rinse, trim, deseed &amp; finely slice</i>
15g	30g	Toasted Coconut Flakes

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter  
Seasoning (salt & pepper)

**1. EGG NOODLES** Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

**2. SHREDDY CHICKY** Place a pan over 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 the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan, roughly chop, and season.

**3. HURRY, MAKE THE CURRY!** Return the pan over high heat with a drizzle of oil. When hot, fry the corn and the onion until turning golden, 4-5 minutes (shifting occasionally). Add the curry paste and fry until fragrant, 30-60 seconds (shifting constantly). Remove from the pan and place in a large salad bowl. Add the coconut milk, the ginger (to taste), the lime juice, a sweetener (to taste), and seasoning to the bowl. Toss through the noodles, the spinach, the shredded chicken, ½ the coriander, and ½ the chilli (to taste).

**4. TIME TO DINE!** Bowl up the cold chicken noodle salad and sprinkle over the coconut flakes. Garnish with the remaining coriander and chilli (to taste). Well done, Chef!