



UCCOOK

Satay Chicken Noodles

with coconut milk & a marinated cucumber salad

Saucy satay noodles with spinach & strips of golden chicken breast. Sided with a marinated cucumber salad & sprinkled with peanuts and coriander.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Thea Richter

 Quick & Easy

 Alvi's Drift | Signature Viognier

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Ingredients & Prep

4 cakes	Egg Noodles
400g	Cucumber
165ml	Soy Vinegar <i>(125ml Low Sodium Soy Sauce & 40ml Rice Wine Vinegar)</i>
20ml	Dried Chilli Flakes
20ml	Sesame Oil
15g	Fresh Coriander
80g	Spinach
60g	Peanuts
125ml	Peanut Butter
400ml	Coconut Milk
60ml	Spice & All Things Nice Thai Red Curry Paste
4	Free-range Chicken Breasts

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. OODLES OF NOODLES Boil the kettle. Fill a pot for the noodles with boiling water, add a pinch of salt, and place over medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain and toss through some oil to prevent sticking.

2. MARINATED CUCUMBER Using a rolling pin or bottle, smash the cucumber and slice into bite-sized pieces before lightly seasoning. In a bowl, combine ½ the soy vinegar, ½ of the chilli flakes, the sesame oil, and 4 tbsp of a sweetener of choice. Mix until the sweetener is fully dissolved. Add the cucumber pieces and toss until fully coated. Set aside to marinate until serving. Rinse the coriander and the spinach. Pick the rinsed coriander.

3. PREPPY PEANUTS Place the peanuts in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and roughly chop. In a bowl, combine the peanut butter with ½ the coconut milk. In a separate bowl, combine the remaining coconut milk, the curry paste (to taste), the remaining soy vinegar, and 20ml of a sweetener of choice.

4. FRIED CHICKEN Pat the chicken dry with paper towel and cut into 1-2cm strips. Return the pan to medium heat with a drizzle of oil. When hot, fry the chicken strips for 1-2 minutes per side or until golden and cooked through. You may need to do this step in batches. Remove from the pan and set aside to rest for 3 minutes.

5. ALMOST THERE Return the pan to medium heat with the curry mixture and 200ml of water. Leave to simmer for 5-6 minutes until slightly reduced. Add the loosened peanut butter and simmer for a further 1-2 minutes until combined and thickened. Add the cooked noodles, the cooked chicken strips, the rinsed spinach, the remaining chilli flakes (to taste) and cook for 2-3 minutes until the spinach is wilted. Add an extra splash of water, if necessary.

6. LOOK AT THAT! Plate the satay chicken & noodles and sprinkle over the picked coriander and the chopped peanuts. Side with the marinated cucumber. Divine, Chef!

Nutritional Information

Per 100g

Energy	701kJ
Energy	167kcal
Protein	10.7g
Carbs	11g
of which sugars	1g
Fibre	1g
Fat	8.9g
of which saturated	3.5g
Sodium	273mg

Allergens

Egg, Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Soy

Cook
within 3
Days