

# UCCOOK

## Chicken Dan Dan Noodles

with a spicy peanut butter sauce & egg noodles

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Alex Levett

**Wine Pairing:** Nitída | Semillon

| Nutritional Info   | Per 100g  | Per Portion |
|--------------------|-----------|-------------|
| Energy             | 579.6kJ   | 2928.8kJ    |
| Energy             | 138.6kcal | 700.5kcal   |
| Protein            | 10.3g     | 52.1g       |
| Carbs              | 15.6g     | 78.8g       |
| of which sugars    | 4.1g      | 20.9g       |
| Fibre              | 1.7g      | 8.8g        |
| Fat                | 3.6g      | 18.3g       |
| of which saturated | 0.8g      | 4.2g        |
| Sodium             | 210.9mg   | 1065.6mg    |

**Allergens:** Sulphites, Egg, Peanuts, Gluten, Sesame, Wheat, Soya, Allium

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                                    |
|----------|------------|----------------------------------------------------------------------------------------------------|
| 30ml     | 40ml       | White Sesame Seeds                                                                                 |
| 3        | 4          | Garlic Cloves<br><i>peel &amp; grate</i>                                                           |
| 15ml     | 20ml       | Dried Chilli Flakes                                                                                |
| 30ml     | 40ml       | Brown Sugar                                                                                        |
| 90ml     | 120ml      | Soy & Vinegar<br><i>(45ml [60ml] Black Vinegar<br/>&amp; 45ml [60ml] Low Sodium<br/>Soy Sauce)</i> |
| 45ml     | 60ml       | Peanut Butter                                                                                      |
| 3 cakes  | 4 cakes    | Egg Noodles                                                                                        |
| 450g     | 600g       | Free-range Chicken Mini<br>Fillets                                                                 |
| 300g     | 400g       | Cabbage<br><i>rinse &amp; thinly slice</i>                                                         |
| 360g     | 480g       | Carrot<br><i>rinse, trim, peel &amp; cut into<br/>thin matchsticks</i>                             |
| 8g       | 10g        | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>                                             |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (Salt & Pepper)  
Water  
Paper Towel

**1. TOAST THE SESAME** Place the sesame seeds in a pan (with a lid) over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and place in a heatproof bowl along with the garlic and the chilli flakes (to taste).

**2. BRING THE SAUCE TO LIFE** Return the pan to high heat with 45ml [60ml] of oil. Once very hot, remove the pan from the heat, pour the oil into the bowl of chilli, garlic and sesame seeds, and stir until combined. Using a whisk or fork, whisk in the brown sugar, the soy & vinegar, and the peanut butter until emulsified.

**3. BUBBLE IT UP** Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil. Cover and set aside. Mix 45ml [60ml] of the reserved cooking water into the peanut sauce until silky.

**4. WHILE THE NOODLES ARE COOKING...** Return the pan, wiped down if necessary, to medium heat with a drizzle of oil. Pat the chicken dry with paper towel and cut into bite-sized pieces. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. In the final 1-2 minutes, toss through the carrots and the cabbage until heated but still crunchy. Pour in the peanut sauce and mix until the chicken is coated. Remove from the pan, season, and set aside.

**5. CHINESE STREET FOOD AT HOME** Make a bed of the scrumptious egg noodles and top with the silky chicken stir fry. Garnish with the parsley. Simply delicious!