



# WCOOK

## Peanut Chicken Noodles

with spinach & fresh coriander

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Jemimah Smith

**Wine Pairing:** Muratie Wine Estate | Muratie Laurens  
Campher Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	598kJ	4224kJ
Energy	143kcal	1010kcal
Protein	8.7g	61.8g
Carbs	11g	80g
of which sugars	1.6g	11.2g
Fibre	1.5g	10.8g
Fat	7g	49.4g
of which saturated	2.7g	19g
Sodium	285mg	2011mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3 cakes	4 cakes	Egg Noodles
2	2	Bell Peppers <i>rinse, deseed &amp; cut 1½ [2] into strips</i>
450g	600g	Free-range Chicken Mini Fillets <i>pat dry &amp; cut into bite-sized pieces</i>
90ml	125ml	Red Curry Paste
300ml	400ml	Coconut Milk
30ml	40ml	Low Sodium Soy Sauce
125ml	160ml	Peanut Butter
120g	160g	Spinach <i>rinse</i>
45g	60g	Peanut & Crispy Onion Mix <i>(30g [40g] Peanuts &amp; 15g [20g] Crispy Onion Bits)</i>
8g	10g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
45ml	60ml	Lemon Juice

## From Your Kitchen

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

**1. OODLES OF 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. MAKE HASTE WITH THE CURRY PASTE** Place a pan over medium heat with a drizzle of oil. When hot, fry the peppers until soft, 4-5 minutes (shifting occasionally). Add the chicken and the curry paste and fry until browned and fragrant, 1-2 minutes (shifting occasionally).

**3. PEANUT COCONUT SAUCE** Pour in the coconut milk and the soy sauce to the pan. Mix through the peanut butter, and 150ml [200ml] of water. Simmer until slightly thickening, 8-10 minutes (shifting occasionally). Mix in the noodles and the spinach. Remove from the heat and season.

**4. PERFECT PLATE OF FOOD** Plate up a generous portion of the noodles and peanut chicken. Finish with the peanut & crispy onion mix, the coriander, and drizzle over the lemon juice (to taste).