

UCCOOK

Chicken Stir-fry & Udon Noodles

with aubergine & chives

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Megan Bure

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 285kj | 2048kj |
| Energy | 68kcal | 490kcal |
| Protein | 6.2g | 44.8g |
| Carbs | 9g | 65g |
| of which sugars | 3g | 21g |
| Fibre | 2g | 13g |
| Fat | 0.6g | 4.6g |
| of which saturated | 0.2g | 1.2g |
| Sodium | 333mg | 2395mg |

Allergens: Sulphites, Shellfish, Gluten, Wheat, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 1 | [Serves 2] | |
| 250g | 500g | Aubergine <i>rinse, trim & cut into bite-sized pieces</i> |
| 150g | 300g | Free-range Chicken Mini Fillets |
| 1 | 1 | Onion <i>peel & roughly slice ½ [1]</i> |
| 10g | 20g | Fresh Ginger <i>peel & grate</i> |
| 80g | 160g | Green Beans <i>rinse</i> |
| 50ml | 100ml | Oyster Sauce |
| 100g | 200g | Udon Noodles |
| 3g | 5g | Fresh Chives <i>rinse & finely chop</i> |

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. LET'S GET COOKING! Preheat the oven to 220°C. Spread the aubergine on a roasting tray, lightly coat with cooking spray, and season. Roast in the hot oven until softened, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. GOLDEN CHICKEN Place a pan over medium heat. Pat the chicken dry with paper towel and lightly coat with cooking spray. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

3. AMAZING AROMAS Return the pan to medium heat. When hot, add the onion and lightly coat with cooking spray. Fry until golden, 4-5 minutes (shifting occasionally). Add the ginger. Fry until fragrant, 1-2 minutes.

4. IN GOES THE GREEN BEANS When the aubergine has 3-4 minutes remaining, scatter over the green beans and return to the oven for the remaining time.

5. O-YUM OYSTER SAUCE To the pan with the onions, add the oyster sauce, the udon noodles, and 50ml [100ml] of water. Simmer until heated through and the noodles are cooked, 2-3 minutes. Remove the pan from the heat. Stir through the chicken, the roasted veg, and seasoning.

6. JUST LOOK AT THAT Bowl up the saucy udon noodles and garnish with the chives. Enjoy, Chef!