



UCCOOK

Saucy Chicken Noodles

with a spicy broth, sesame seeds & spring onion

Perfectly poached chicken served with a beautifully simple broth with a base of ginger, garlic and curry paste. Served with flat rice noodles, pak choi and julienne carrots. Sprinkled with sesame seeds and chilli flakes. Simple, divine and delicious!

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

♥ Health Nut

🍷 Fat Bastard | Chardonnay

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Ingredients & Prep

1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
10ml	Thai Red Curry Paste
1	Garlic Clove <i>peeled & grated</i>
10g	Fresh Ginger <i>peeled & grated</i>
10ml	Chicken Stock
10ml	Low Sodium Soy Sauce
1	Free-range Chicken Breast
50g	Flat Rice Noodles
100g	Pak Choi <i>rinsed thoroughly & trimmed at the base</i>
5ml	Dried Chilli Flakes
75g	Julienne Carrot
5ml	Black Sesame Seeds

From Your Kitchen

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

1. BUBBLING BROTH Boil a full kettle. Place a large pot over a medium-high heat with a drizzle of oil. When hot, add the spring onion whites, the curry paste (to taste), and the grated garlic and ginger. Fry for about 1 minute, shifting constantly, until fragrant. Add the stock, 400ml of boiling water, and the soy sauce. Mix until fully combined. Reduce the heat until a gentle simmer.

2. CHEEKY CHICKY Pat the chicken dry with paper towel. Once the broth is gently simmering, lower the chicken into the broth and leave to poach for 10-12 minutes until cooking through. Remove from the broth and place on a cutting board. Using two forks (one to secure the chicken and the other to shred), gently shred the chicken and set aside. Remove the broth from the heat and season with a sweetener of choice and a pinch of salt. Cover to keep warm until serving.

3. OODLES OF NOODLES Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 8-10 minutes until cooked through and glassy. Drain on completion and toss through some oil to prevent sticking.

4. PRETTY PAK CHOI Separate the leaves of the trimmed pak choi and rinse well. Place a pan, with a lid, over a medium heat with a splash of water. When hot, add the pak choi, cover with the lid, and steam for 3-5 minutes until wilted. Drain on some paper towel and season.

5. ALMOST THERE... Add ½ the shredded chicken, ½ the chilli flakes (to taste), and some seasoning to the bowl with the cooked noodles. Toss until fully combined.

6. BEAUTIFUL BROTH Bowl up the hearty chicken noodles. Pour over the spicy broth. Top with the remaining shredded chicken, the julienne carrots and the pak choi. Sprinkle over the remaining chilli flakes (to taste), the sesame seeds and the spring onion greens. Dive right in, Chef!



Chef's Tip

To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.

Nutritional Information

Per 100g

Energy	461kJ
Energy	110Kcal
Protein	10.1g
Carbs	14g
of which sugars	1.4g
Fibre	1.2g
Fat	2.2g
of which saturated	0.7g
Sodium	448mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 2
Days