



UCCOOK

Chilli Peanut Chicken Noodles

with mango, soba noodles & lemon

This Thai-inspired dish will make you go absolutely nutty, Chef! Soba noodles, red curry chicken mince and crunchy veggies are tossed in a nutty, salty and bright peanut sauce. Topped with charred sweet mango and an Asian-inspired chilli oil. It's full on flavour and unforgettable.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

 Adventurous Foodie

 Delheim Wines | Delheim Gewürztraminer

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Ingredients & Prep

450g	Free-range Chicken Mince
30g	Fresh Ginger <i>peeled & grated</i>
45ml	Thai Red Curry Paste
150g	Soba Noodles
150g	Mango Fingers
2	Red Bell Peppers <i>1½ rinsed, deseeded & cut into strips</i>
150ml	Peanut Sauce <i>(90ml Peanut Butter, 45ml Low Sodium Soy Sauce & 15ml Sesame Oil)</i>
225g	Julienne Carrots
30g	Peanuts <i>roughly chopped</i>
12g	Fresh Coriander <i>rinsed & roughly chopped</i>
15ml	Dried Chilli Flakes
2	Lemons <i>1½ cut into wedges</i>

From Your Kitchen

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

1. NOT YOUR AVERAGE MINCE MIX Place a large pan over medium-high heat. When hot, add the mince and work quickly to break it up as it starts to cook. Fry for 7-8 minutes until browned and caramelised, shifting occasionally. In the final 1-2 minutes, add ½ the grated ginger and the curry paste (to taste). Remove from the pan and set aside.

2. WANT IT SOBA-D Boil the kettle. Fill a pot with boiling water, add a pinch of salt, and place over high heat. Once bubbling rapidly, cook the noodles for 6-8 minutes until tender. Drain and run under cold water to stop the cooking process. Toss through some oil to prevent sticking and set aside.

3. GO MAN, GO Return the pan, wiped down, to a medium-high heat. When hot, add the mango fingers and fry for 1-2 minutes per side until starting to char. Remove from the pan and set aside.

4. CAUSE A STIR (FRY) Loosen the peanut sauce with 45ml of water. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the pepper strips and fry for 4-5 minutes until soft, shifting occasionally. Add the julienne carrot and fry for 3-4 minutes until soft, shifting occasionally. Remove from the heat and add the loosened peanut sauce, the cooked noodles, and the browned mince. Season, if necessary, and set aside.

5. SIZZLING OIL Place the remaining ginger, ½ the chopped peanuts, ½ the chopped coriander, and the chilli flakes (to taste) in a small bowl. Place a small pan over medium-high heat with 6 tbsp of oil. Heat for 1-2 minutes until hot. When hot, pour the oil over the chilli mix and let it sizzle!

6. THERE YOU HAVE IT! Bowl up the peanut stir-fry. Top with the charred mango and drizzle over the fragrant oil (to taste). Sprinkle over the remaining coriander and peanuts. Serve with a lemon wedge. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	549kJ
Energy	131kcal
Protein	7.9g
Carbs	12g
of which sugars	2.8g
Fibre	1.9g
Fat	6.4g
of which saturated	1.4g
Sodium	200mg

Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Soy

Cook
within
4 Days