



UCCOOK

Coconut Chicken & Thai Noodle Salad

with toasted coconut flakes & fresh coriander

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Strandveld | First Sighting Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	643kJ	3284kJ
Energy	154kcal	786kcal
Protein	9.6g	48.9g
Carbs	15g	74g
of which sugars	1.7g	8.5g
Fibre	1.3g	6.9g
Fat	5.9g	30g
of which saturated	4.3g	21.7g
Sodium	168mg	858mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3 cakes	4 cakes	Egg Noodles
3	4	Free-range Chicken Breasts
150g	200g	Corn
225g	300g	Sliced Onions
45ml	60ml	Red Curry Paste
300ml	400ml	Coconut Milk
30g	40g	Fresh Ginger <i>peel & grate</i>
30ml	40ml	Lime Juice
60g	80g	Green Leaves <i>rinse & roughly shred</i>
8g	10g	Fresh Coriander <i>rinse & pick</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
45g	60g	Toasted Coconut Flakes

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter
Seasoning (salt & pepper)

1. EGG 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. SHREDDY CHICKY Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan, roughly chop, and season.

3. HURRY, MAKE THE CURRY! Place a pan over high heat with a drizzle of oil. When hot, fry the corn and the onion until turning golden, 5-6 minutes (shifting occasionally). Add the curry paste and fry until fragrant, 30-60 seconds (shifting constantly). Remove from the pan and place in a large salad bowl. Add the coconut milk, the ginger (to taste), the lime juice, a sweetener (to taste), and seasoning to the bowl. Toss through the noodles, the spinach, the shredded chicken, ½ the coriander, and ½ the chilli (to taste).

4. TIME TO DINE! Bowl up the cold chicken noodle salad and sprinkle over the coconut flakes. Garnish with the remaining coriander and chilli (to taste). Well done, Chef!