



UCOOK

Korean Chicken Sesame Noodle Stir-fry

with green beans & sesame seeds

Golden strips of chicken are enwrapped by a colourful vegetable medley made from crunchy green peppers, sweet carrots, and earthy green beans. Coated in a special homemade spicy sauce and sprinkled with white sesame seeds. Go create a stir, Chef!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Waterford Estate | Range Grenache Noir 2019

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Ingredients & Prep

1 cake	Egg Noodles
15g	Fresh Ginger
80g	Green Beans
120g	Carrot
1	Green Bell Pepper
1	Spring Onion
150g	Free-range Chicken Mini Fillets
95ml	Spicy Sauce <i>(50ml Low Sodium Soy Sauce, 15ml Honey, 10ml Rice Wine Vinegar & 20ml Gochujang)</i>
10ml	Sesame Oil
10ml	White Sesame Seeds

From Your Kitchen

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

1. OODLES OF NOODLES Boil the kettle. Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain and toss through some oil to prevent sticking.

2. MULTI-TASKING MAESTRO While the noodles are boiling, peel and grate the ginger. Rinse, trim and slice the green beans into thirds. Peel and grate the carrot. Deseed and cut ½ the green pepper into thin strips. Slice the spring onion, keeping the white and green parts separate.

3. GOLDEN GOODNESS Pat the chicken dry with paper towel. Place a pan or wok, big enough for the stir-fry, over high heat with a drizzle of oil. When hot, add the chicken and fry for 30-60 seconds per side until lightly golden but not cooked through. Remove from the pan.

4. BEAN THERE, DONE THAT Return the pan or wok to a medium-high heat with a drizzle of oil. When hot, add the sliced green beans and the green pepper strips. Fry for 3-4 minutes until lightly charred, shifting occasionally.

5. A SIZZLING STIR FRY When the pepper slices are lightly charred, add the grated ginger and the spring onion whites to the pan. Fry for 1-2 minutes until fragrant, shifting constantly. Add the spicy sauce (to taste), 50ml of warm water, the cooked noodles, and the browned chicken. Mix until combined and simmer for 4-5 minutes until reduced. In the final 2-3 minutes, add the grated carrots and the sesame oil. Remove from the heat and season to taste.

6. A KNOCKOUT KOREAN DINNER Bowl up the loaded stir-fry. Sprinkle over the spring onion greens and the sesame seeds. Well done, Chef!



Chef's Tip

If you would like to toast the sesame seeds, place a pan over a medium heat with the seeds and toast for 3-5 minutes until golden.

Nutritional Information

Per 100g

Energy	465kj
Energy	111kcal
Protein	7.6g
Carbs	14g
of which sugars	5g
Fibre	1.7g
Fat	2.9g
of which saturated	0.6g
Sodium	334mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Cook
within 2
Days