



UCOOK

Coconut Chicken & Thai Noodle Salad

with toasted coconut flakes & fresh coriander

Egg noodles are tossed in a delicious mix of coconut cream, fresh ginger, lime juice, sliced onions, charred corn, and shredded chicken. Finished off with a sprinkling of toasted coconut flakes and fresh coriander & chilli. Unforgettably yummy!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Quick & Easy

 Neil Ellis Wines | Neil Ellis Groenekloof Syrah 2021

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Ingredients & Prep

1 cake	Egg Noodles
50g	Corn
1	Onion <i>peel & roughly slice</i>
1	Free-range Chicken Breast
15ml	Red Curry Paste
100ml	Coconut Cream
10g	Fresh Ginger <i>peel & grate</i>
1	Lime <i>cut into wedges</i>
20g	Green Leaves <i>rinse & roughly shred</i>
3g	Fresh Coriander <i>rinse & pick</i>
1	Fresh Chilli <i>de-seed & thinly slice</i>
15g	Toasted Coconut Flakes

From Your Kitchen

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

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. CORN & ONION Place a pan over high heat with a drizzle of oil. When hot, fry the corn and the sliced onions until turning golden, 4-5 minutes (shifting occasionally). Remove from the pan and set aside.

3. SHREDDY CHICKY Return the pan to 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 and rest for 5 minutes. Shred and season the chicken. Set aside.

4. COCO SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the curry paste until fragrant, 30-60 seconds (shifting constantly). Remove from the pan and place in a large salad bowl. Add the coconut cream, the grated ginger (to taste), a squeeze of lime juice, a sweetener, and seasoning to the bowl. Toss through the cooked noodles, the shredded green leaves, the golden corn & onion, the shredded chicken, ½ the picked coriander, and ½ the sliced chilli (to taste).

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



Chef's Tip

If some of the curry paste is stuck to the pan after frying, deglaze the pan with a splash of water.

Nutritional Information

Per 100g

Energy	662kJ
Energy	158kcal
Protein	9.5g
Carbs	15g
of which sugars	1.8g
Fibre	1.2g
Fat	4.4g
of which saturated	4.6g
Sodium	165mg

Allergens

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

Cook
within 3
Days