



# UCCOOK

## Satay Chicken Noodles

**with coconut milk & a marinated cucumber salad**

Saucy satay noodles with spinach & strips of golden chicken breast. Sided with a marinated cucumber salad & sprinkled with peanuts and coriander.

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People

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**Chef:** Thea Richter

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 Quick & Easy

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 Alvi's Drift | Signature Viognier

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## Ingredients & Prep

|         |                                                                                |
|---------|--------------------------------------------------------------------------------|
| 3 cakes | Egg Noodles                                                                    |
| 300g    | Cucumber                                                                       |
| 120ml   | Soy Vinegar<br><i>(90ml Low Sodium Soy Sauce &amp; 30ml Rice Wine Vinegar)</i> |
| 15ml    | Dried Chilli Flakes                                                            |
| 15ml    | Sesame Oil                                                                     |
| 12g     | Fresh Coriander                                                                |
| 60g     | Spinach                                                                        |
| 45g     | Peanuts                                                                        |
| 85ml    | Peanut Butter                                                                  |
| 300ml   | Coconut Milk                                                                   |
| 45ml    | Spice & All Things Nice<br>Thai Red Curry Paste                                |
| 3       | Free-range Chicken<br>Breasts                                                  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
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 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. MARINATED CUCUMBER** Using a rolling pin or bottle, smash the cucumber and slice into bite-sized pieces before lightly seasoning. In a bowl, combine ½ the soy vinegar, ⅓ of the chilli flakes, the sesame oil, and 3 tbsp of a sweetener of choice. Mix until the sweetener is fully dissolved. Add the cucumber pieces and toss until fully coated. Set aside to marinate until serving. Rinse the coriander and the spinach. Pick the rinsed coriander.

**3. PREPPY PEANUTS** Place the peanuts in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and roughly chop. In a bowl, combine the peanut butter with ½ the coconut milk. In a separate bowl, combine the remaining coconut milk, the curry paste (to taste), the remaining soy vinegar, and 15ml of a sweetener of choice.

**4. FRIED CHICKEN** Pat the chicken dry with paper towel and cut into 1-2cm strips. Return the pan to medium heat with a drizzle of oil. When hot, fry the chicken strips for 1-2 minutes per side or until golden and cooked through. You may need to do this step in batches. Remove from the pan and set aside to rest for 3 minutes.

**5. ALMOST THERE** Return the pan to medium heat with the curry mixture and 150ml of water. Leave to simmer for 5-6 minutes until slightly reduced. Add the loosened peanut butter and simmer for a further 1-2 minutes until combined and thickened. Add the cooked noodles, the cooked chicken strips, the rinsed spinach, the remaining chilli flakes (to taste) and cook for 2-3 minutes until the spinach is wilted. Add an extra splash of water, if necessary.

**6. LOOK AT THAT!** Plate the satay chicken & noodles and sprinkle over the picked coriander and the chopped peanuts. Side with the marinated cucumber. Divine, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 701kJ   |
| Energy             | 167kcal |
| Protein            | 10.7g   |
| Carbs              | 11g     |
| of which sugars    | 1g      |
| Fibre              | 1g      |
| Fat                | 8.9g    |
| of which saturated | 3.5g    |
| Sodium             | 273mg   |

## Allergens

Egg, Gluten, Allium, Sesame, Peanuts,  
Wheat, Sulphites, Soy

Cook  
within 3  
Days