



# UCOOK

## Asian-style Chicken & Noodles

with bell pepper, carrots & sesame seeds

With this recipe we show you how to make an Asian-style chicken & noodle dish in your own kitchen with al dente egg noodles, NOMU Oriental Rub-spiced chicken strips, a very special UCOOK soy dressing, fried veggies, and toasted sesame seeds. It's uber delicious, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Simple & Save

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Groote Post Winery | Groote Post Riesling  
2022

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## Ingredients & Prep

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2 cakes	Egg Noodles
10ml	White Sesame Seeds
300g	Free-range Chicken Mini Fillets <i>pat dry &amp; cut into thin strips</i>
10ml	NOMU Oriental Rub
240g	Carrot <i>rinse, trim, peel &amp; cut into thin matchsticks</i>
1	Bell Pepper <i>rinse, deseed &amp; cut into thin strips</i>
2	Garlic Cloves <i>peel &amp; grate</i>
80ml	Soy Dressing <i>(30ml Sweet Indo Soy Sauce, 30ml Orange Juice &amp; 20ml Rice Wine Vinegar)</i>

## From Your Kitchen

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

**1. NOODLES** Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain, reserving 1 cup of pasta water, and rinse in cold water.

**2. SEEDS** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CHICKEN** Return the pan to high heat with a drizzle of oil and a knob of butter. Coat the chicken strips with the NOMU rub. When hot, fry the chicken strips until cooked through, 1-2 minutes per side (shifting as they colour). Remove from the pan.

**4. STIR-FRY** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the carrot matchsticks, the green pepper strips, and the grated garlic until lightly charred but still crunchy, 2-3 minutes. Add the cooked noodles, the soy dressing, and 60ml of the reserved pasta water. Simmer until the noodles are warmed through. Remove from the heat, toss through the cooked chicken, and season.

**5. TIME TO EAT** Make a bed of the stir-fry and sprinkle over the toasted sesame seeds. Well done, Chef!

## Nutritional Information

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Per 100g

Energy	408kj
Energy	98kcal
Protein	7.5g
Carbs	14g
of which sugars	3.9g
Fibre	1.5g
Fat	1.4g
of which saturated	0.4g
Sodium	116mg

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## Allergens

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

Eat  
Within  
3 Days