



# UCOOK

## Vibrant Chicken Mie Goreng

**with pickled peppers & green beans**

Try our take on a traditional mi goreng! Originally from Indonesia, this version is packed with pickled peppers, green beans, egg noodles, spring onions, and pak choi. Swirled in a dressing of spicy sweet soy sauce & sesame oil, topped with crispy onions & fresh chilli. So fast & so delicious, you'll be goreng crazy!

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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 Quick & Easy

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 Creation Wines | Creation Viognier Roussanne 2020

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## Ingredients & Prep

|         |                                                                                     |
|---------|-------------------------------------------------------------------------------------|
| 4 cakes | Egg Noodles                                                                         |
| 600g    | Pak Choi<br><i>trimmed</i>                                                          |
| 4       | Fresh Chillies                                                                      |
| 4       | Spring Onions                                                                       |
| 320g    | Green Beans                                                                         |
| 2       | Onions<br><i>peeled &amp; roughly diced</i>                                         |
| 600g    | Free-range Chicken Mince                                                            |
| 200g    | Pickled Bell Peppers<br><i>drained &amp; roughly chopped</i>                        |
| 185ml   | Spicy Indo Soy<br><i>(125ml Sweet Indonesian Soy Sauce &amp; 60ml Sambal Oelek)</i> |
| 20ml    | Sesame Oil                                                                          |
| 80ml    | Crispy Onions                                                                       |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Egg/s (optional)  
Sugar/Sweetener/Honey

**1. THE NICEST 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. SOME PREP** Separate the leaves of the trimmed pak choi and rinse well. Finely slice the stems and set aside. Slice the green, leafy parts in half lengthways, keeping them separate from the stems. Slice the fresh chillies and finely slice the spring onions. Trim the green beans and cut into thirds.

**3. FRY AWAY** Place a pan or wok over medium-high heat with a drizzle of oil. When hot, add the diced onion and pak choi stems. Fry for 4-5 minutes until soft and translucent, shifting occasionally. Add ½ the sliced chilli (to taste) and fry for 1 minute until fragrant, shifting constantly. Add the mince and green beans, and fry for 6-7 minutes until browned, stirring occasionally. In the final 2 minutes, add in the chopped pickled peppers and pak choi leaves. Remove from the heat and cover to keep warm.

**4. OPTIONAL EGG** Place a non-stick pan over medium-high heat with a drizzle of oil. Crack in 4 eggs and fry until cooked through to your preference. We like the yolk runny and the white just set! Remove from the heat and season.

**5. MI GORENG MOMENT** To the pan of chicken mince mix, add the cooked noodles, spicy indo soy, sesame oil (to taste), seasoning and a sweetener of choice to taste. Mix to combine.

**6. A DINNER DELIGHT!** Bowl up a heaping helping of the mi goreng. Top with the fried egg (if using). Sprinkle over the spring onion, the remaining chopped chilli (to taste) and the crispy onions. Beautiful, Chef!



## Chef's Tip

We suggest using a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly and requires less oil.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 510kj   |
| Energy             | 122kcal |
| Protein            | 6.2g    |
| Carbs              | 15g     |
| of which sugars    | 5.8g    |
| Fibre              | 1.2g    |
| Fat                | 3.8g    |
| of which saturated | 1g      |
| Sodium             | 343mg   |

## Allergens

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

Cook  
within 1  
Day