



UCOOK

Peanut Chicken & Noodles

with fresh chives & toasted peanuts

If you thought peanuts belong in the snack category, think again, Chef! We show you how to use this versatile ingredient in not one but two ways. Al dente egg noodles are coated in a spicy peanut butter & coconut sauce, together with golden-fried chicken mini fillets, carrot, ginger & garlic. Sided with a cucumber matchstick, toasted peanut & piquanté pepper salad.


Hands-on Time: 45 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Jemimah Smith

 Fan Faves

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

3 cakes	Egg Noodles
60g	Peanuts <i>roughly chop</i>
450g	Free-range Chicken Mini Fillets
360g	Carrot <i>rinse, trim, peel & finely dice</i>
2	Garlic Cloves <i>peel & grate</i>
30g	Fresh Ginger <i>peel & grate</i>
300ml	Coconut Cream
150ml	Spicy Peanut Sauce <i>(90ml Peanut Butter, 30ml Low Sodium Soy Sauce, 15ml Fish Sauce & 15ml Sriracha Sauce)</i>
60g	Salad Leaves <i>rinse & roughly shred</i>
300g	Cucumber <i>rinse & cut into thin matchsticks</i>
75g	Piquanté Peppers <i>drain</i>
8g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

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

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

2. PREP THE PEANUTS Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GOLDEN CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden but not cooked through, 1-2 minutes. You may need to do this step in batches. Remove from the pan, season, and set aside.

4. SPICY COCONUT SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the diced carrot until charred & softening, 7-8 minutes (shifting occasionally). Add the grated garlic & ginger and fry until fragrant, 1-2 minutes (shifting constantly). Mix through the coconut cream, the seared chicken, and 6 tbsp of water. Leave to simmer until slightly reduced and the carrots and chicken are cooked through, 5-6 minutes (shifting occasionally). In the final 2-3 minutes, mix through the cooked noodles, the spicy peanut sauce, a splash of the reserved pasta water, and seasoning. Loosen with more pasta water if it is too thick and the sauce splits. Remove from the heat and set aside.

5. SWEET & NUTTY SALAD In a bowl, combine the shredded leaves with the cucumber matchsticks, the drained peppers, ½ the toasted nuts, a drizzle of olive oil, and seasoning. Set aside.

6. IT ALL COMES TOGETHER Serve up the steaming chicken & noodles with the dressed salad on the side. Garnish with the chopped chives and the remaining nuts.



Chef's Tip

If your sauce is separating, whisk in a splash of hot water until it comes together again.

Nutritional Information

Per 100g

Energy	667kJ
Energy	159kcal
Protein	9.2g
Carbs	12g
of which sugars	2.6g
Fibre	1.5g
Fat	7.9g
of which saturated	3.5g
Sodium	206mg

Allergens

Egg, Gluten, Allium, Peanuts, Wheat, Sulphites, Fish, Soy, Shellfish

Cook
within 3
Days