

QCOOK

Spicy Chicken Mie Goreng

with egg noodles, piquanté peppers & fresh chives

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Waterkloof | Seriously Cool Chenin blanc

Nutritional Info	Per 100g	Per Portion
Energy	555kj	3054kj
Energy	133kcal	730kcal
Protein	6.7g	37.1g
Carbs	18g	99g
of which sugars	6.7g	36.9g
Fibre	1.2g	6.4g
Fat	3.5g	19.2g
of which saturated	0.9g	5g
Sodium	297mg	1633mg

Allergens: Sulphites, Egg, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1 cake	2 cakes	Egg Noodles
1	1	Onion <i>peel & roughly slice ½ [1]</i>
150g	300g	Free-range Chicken Mince
120g	240g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
10g	20g	Piquanté Peppers <i>drain</i>
50ml	100ml	Spicy Indo Soy <i>(30ml [60ml] Sweet Indo Soy Sauce, 15ml [30ml] Sambal Oelek & 5ml [10ml] Sesame Oil)</i>
3g	5g	Fresh Chives <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (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 and rinse in cold water.

2. SAVOURY CHICKEN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the onion until soft, 3-4 minutes (shifting occasionally). Add the mince and fry until browned, 5-6 minutes (shifting occasionally). In the final 2 minutes, add the carrot and the peppers. Remove from the heat.

3. SPICY SAUCE Toss the chicken, noodles, spicy indo soy and ½ the chives through the veggies, while the pan remains over medium heat. Once heated through, remove from the pan from the heat.

4. GRAB THE GORENG Bowl up a heaping helping of the mie goreng. Scatter over the remaining chives. Simple yet stunning, Chef!