



Eat Within 3 Days

WCOOK

Fryer's Cove Thai Chicken Noodle Salad

with toasted coconut flakes

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Fryer's Cove

Wine Pairing: Fryer's Cove | Fryers Cove Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	626kJ	3863kJ
Energy	150kcal	924kcal
Protein	8.4g	51.5g
Carbs	14g	89g
of which sugars	1.9g	11.7g
Fibre	1.6g	9.9g
Fat	6g	37.1g
of which saturated	4.4g	26.9g
Sodium	145mg	897mg

Allergens: Egg, Gluten, Wheat, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1 cake	2 cakes	Egg Noodles
150g	300g	Free-range Chicken Mini Fillets
80g	160g	Corn
75g	150g	Sliced Onions
15ml	30ml	Red Curry Paste
100ml	200ml	Coconut Cream
10g	20g	Fresh Ginger <i>peel & grate</i>
1	1	Lime <i>rinse & cut into wedges</i>
40g	80g	Spinach <i>rinse</i>
3g	5g	Fresh Coriander <i>rinse & pick</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & roughly slice</i>
15g	30g	Toasted Coconut Flakes

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

1. EGG 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. TASTY CHICKY Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden and cooked through, 1-2 minutes a side. Remove from the pan, roughly chop, and season.

3. HURRY, MAKE THE CURRY! Return the pan to high heat with a drizzle of oil. When hot, fry the corn and the onion until turning golden, 4-5 minutes (shifting occasionally). Add the curry paste and fry until fragrant, 30-60 seconds (shifting constantly). Remove from the pan and place in a large salad bowl. Add the coconut cream, the ginger (to taste), a squeeze of lime, a sweetener (to taste), and seasoning to the bowl. Toss through the noodles, the leaves, the shredded chicken, ½ the coriander, and ½ the chilli (to taste).

4. TIME TO DINE! Bowl up the cold chicken noodle salad and sprinkle over the coconut flakes. Garnish with the remaining coriander and chilli (to taste). Well done, Chef!