

UCCOOK

Tikka Chicken Noodles

with toasted peanuts

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Simple & Save: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	642kJ	2804kJ
Energy	154kcal	671kcal
Protein	12.2g	53.2g
Carbs	16g	70g
of which sugars	2.3g	10.1g
Fibre	1.6g	7.1g
Fat	4g	17.5g
of which saturated	1.1g	4.9g
Sodium	77mg	358mg

Allergens: Sulphites, Egg, Peanuts, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3 cakes	4 cakes	Egg Noodles
30g	40g	Peanuts <i>roughly chop</i>
3	4	Free-range Chicken Breasts
15ml	20ml	Cornflour
300ml	400ml	Full Cream UHT Milk
300g	400g	Leeks <i>trim & cut in half lengthways; thoroughly rinse & finely slice</i>
45ml	60ml	Spice & All Things Nice Tikka Curry Paste
8g	10g	Fresh Mint <i>rinse, pick & finely chop</i>

From Your Kitchen

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

- 1. 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. NUTS** Place the peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel and cut into strips. Fry the strips until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.
- 4. ALL TOGETHER** In a small bowl, combine the cornflour and the milk. Return the pan to medium with a drizzle of oil. Fry leeks until soft and lightly golden, 10-12 minutes. Add the curry paste until fragrant, 3-4 minutes. Mix in the milk mixture and simmer until slightly reduced, 4-5 minutes. Mix in the cooked noodles and the chicken. Simmer until warmed through, 2-3 minutes. Remove from the heat and season.
- 5. DINNER IS READY** Bowl up the loaded noodles, sprinkle over the toasted nuts, and garnish with the mint. Enjoy, Chef!