



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: Delheim Wines | Delheim
Shiraz/Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	722kJ	2808kJ
Energy	173kcal	672kcal
Protein	14.1g	54.8g
Carbs	17g	67g
of which sugars	2.2g	8.5g
Fibre	2.1g	8.1g
Fat	4.5g	17.6g
of which saturated	1.3g	4.9g
Sodium	36mg	199mg

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

Spice Level: Mild

Eat Within 3 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
3	4	Garlic Cloves <i>peel & grate</i>
45ml	60ml	Spice & All Things Nice Tikka Curry Paste
120g	160g	Peas
8g	10g	Fresh Coriander <i>rinse, pick & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey

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. When hot, 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** Combine the cornflour and the milk. Return the pan to medium with a drizzle of oil. Fry the garlic and the curry paste until fragrant, 1-2 minutes. Mix in the milk mixture and a sweetener (to taste). Simmer until slightly reduced, 4-5 minutes. Mix in the cooked noodles, the chicken, and the peas. 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 coriander. Enjoy, Chef!