

UCOOK

Chicken Dan Dan Noodles

with a spicy peanut butter sauce & egg noodles

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 3 & 4

Chef: Alex Levett

Wine Pairing: Nitida | Semillon

Nutritional Info	Per 100g	Per Portion
Energy	579.6kJ	2928.8kJ
Energy	138.6kcal	700.5kcal
Protein	10.3g	52.1g
Carbs	15.6g	78.8g
of which sugars	4.1g	20.9g
Fibre	1.7g	8.8g
Fat	3.6g	18.3g
of which saturated	0.8g	4.2g
Sodium	210.9mg	1065.6mg

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

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3 [Serves 4]

30ml	40ml	White Sesame Seeds
3	4	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Dried Chilli Flakes
30ml	40ml	Brown Sugar
90ml	120ml	Soy & Vinegar <i>(45ml [60ml] Black Vinegar & 45ml [60ml] Low Sodium Soy Sauce)</i>
45ml	60ml	Peanut Butter
3 cakes	4 cakes	Egg Noodles
450g	600g	Free-range Chicken Mini Fillets
300g	400g	Cabbage <i>rinse & thinly slice</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

1. TOAST THE SESAME Place the sesame seeds in a pan (with a lid) over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and place in a heatproof bowl along with the garlic and the chilli flakes (to taste).

2. BRING THE SAUCE TO LIFE Return the pan to high heat with 45ml [60ml] of oil. Once very hot, remove the pan from the heat, pour the oil into the bowl of chilli, garlic and sesame seeds, and stir until combined. Using a whisk or fork, whisk in the brown sugar, the soy & vinegar, and the peanut butter until emulsified.

3. BUBBLE IT UP Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil. Cover and set aside. Mix 45ml [60ml] of the reserved cooking water into the peanut sauce until silky.

4. WHILE THE NOODLES ARE COOKING... Return the pan, wiped down if necessary, to medium heat with a drizzle of oil. Pat the chicken dry with paper towel and cut into bite-sized pieces. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. In the final 1-2 minutes, toss through the carrots and the cabbage until heated but still crunchy. Pour in the peanut sauce and mix until the chicken is coated. Remove from the pan, season, and set aside.

5. CHINESE STREET FOOD AT HOME Make a bed of the scrumptious egg noodles and top with the silky chicken stir fry. Garnish with the parsley. Simply delicious!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel