



UCCOOK

Peanut Chicken & Soba Noodles

with cabbage & mango chunks

Low in kilojoules doesn't equal less flavour, Chef. This dish proves that, so you can start looking forward to savouring soba noodles coated in an umami-rich tangy soy sauce infused with peanut butter. Crunchy cabbage, herbaceous coriander, NOMU Roast Rub-spiced chicken mini fillets, & sweet mango chunks complete the meal.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

*New Calorie Conscious

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Ingredients & Prep

150g	Soba Noodles
450g	Free-range Chicken Mini Fillets
15ml	NOMU Roast Rub
90ml	Tangy Soy <i>(45ml Tamari Sauce & 45ml Rice Wine Vinegar)</i>
15ml	Peanut Butter
300g	Cabbage <i>rinse & thinly slice</i>
150g	Cucumber <i>rinse & cut into matchsticks</i>
240g	Mango Chunks
8g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. NOODLES Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain and rinse in cold water.

2. CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and coat with the NOMU rub. When hot, fry the chicken until lightly charred 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.

3. DRESSING In a bowl, add the tangy soy, a splash of warm water and whisk in the peanut butter until combined.

4. JUST BEFORE SERVING In a bowl, combine the noodles, the shredded cabbage, the cucumber matchsticks, a drizzle of olive oil, and season.

5. DINNER IS READY Dish up the loaded noodles, top with the chicken, and scatter over the mango chunks. Drizzle over the dressing and sprinkle over the chopped coriander. Well done, Chef!

Nutritional Information

Per 100g

Energy	432kJ
Energy	103kcal
Protein	10g
Carbs	13g
of which sugars	3g
Fibre	1g
Fat	1.6g
of which saturated	0.4g
Sodium	332.1mg

Allergens

Gluten, Allium, Peanuts, Wheat,
Sulphites, Soy

Eat
Within
2 Days