



UCCOOK

Coconut Chicken & Thai Noodle Salad

with toasted coconut flakes

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Nitída | Semillon

Nutritional Info	Per 100g	Per Portion
Energy	616kJ	3297.4kJ
Energy	147.3kcal	788.8kcal
Protein	9.1g	48.5g
Carbs	13.9g	74.6g
of which sugars	1.8g	9.4g
Fibre	1.5g	8g
Fat	5.6g	29.9g
of which saturated	4.1g	21.7g
Sodium	240.1mg	1285.5mg

Allergens: Sulphites, Egg, Gluten, Wheat, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1 cake	2 cakes	Egg Noodles
150g	300g	Free-range Chicken Mini Fillets
50g	100g	Corn
75g	150g	Sliced Onions
15ml	30ml	Red Curry Paste
50g	100g	Spinach <i>rinse</i>
100ml	200ml	Coconut Milk
10g	20g	Fresh Ginger <i>peel & grate</i>
10ml	20ml	Lime Juice
3g	5g	Fresh Chives <i>rinse & pick</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely 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 over 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). Add the spinach and cook until wilted, 1-2 minutes. Remove from the pan and place in a large salad bowl. Add the coconut milk, the ginger (to taste), the lime juice, a sweetener (to taste), and seasoning to the bowl. Toss through the noodles, the chicken, ½ the chives, 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 chives and chilli (to taste). Well done, Chef!