



UCOOK

Chicken Dan Dan Noodles

with fresh coriander & sesame seeds

Get your pan pan, tell yourself you can can, and let's make this Dan Dan noodle dish, Chef! A bed of al dente egg noodles is topped with an imaginative list of ingredients and our special UCOOK Asian sauce. This takes the chicken fillets, broccoli & carrots from satisfying stir-fry to causing a stir at the dinner table.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Alex Levett

Quick & Easy

 Waterford Estate | Waterford Grenache Noir

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

2 cakes	Egg Noodles
300g	Free-range Chicken Mini Fillets
200g	Broccoli Florets <i>rinse & chop into bite-sized pieces</i>
150g	Julienne Carrots
2 units	UCOOK Asian Sauce
5g	Fresh Coriander <i>rinse & finely chop</i>
20ml	White Sesame Seeds
10ml	Dried Chilli Flakes

From Your Kitchen

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

1. OODLES OF NOODLES 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 rinse in cold water. Cover and set aside.

2. PUT THE FRY IN STIR-FRY Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan. Return the pan to medium heat with a drizzle of oil. When hot, fry the broccoli pieces and the carrots until lightly charred, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, toss through the Asian sauce and the cooked chicken until heated through. Remove from the pan and season.

3. FLAVOURFUL FOOD Make a bed of the scrumptious egg noodles and top with the silky chicken stir-fry. Garnish with the chopped coriander. Scatter over the sesame seeds and the chilli flakes (to taste). Simply delicious!

Nutritional Information

Per 100g

Energy	609kJ
Energy	146kcal
Protein	11.5g
Carbs	16g
of which sugars	2.7g
Fibre	1.6g
Fat	3.9g
of which saturated	0.8g
Sodium	218mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat,
Fish, Soy, Shellfish

Eat
Within
1 Day