



Eat Within 3 Days

UCCOOK

Thai Chicken Noodle Salad

with coconut flakes

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	672kJ	3611kJ
Energy	161kcal	864kcal
Protein	9.3g	50.1g
Carbs	15g	78g
of which sugars	1.8g	9.9g
Fibre	1.4g	7.6g
Fat	6.7g	36g
of which saturated	5g	26.7g
Sodium	50mg	271mg

Allergens: Egg, Gluten, Wheat, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3 cakes	4 cakes	Egg Noodles
450g	600g	Free-range Chicken Mini Fillets
240g	320g	Corn
225g	300g	Sliced Onions
45ml	60ml	Red Curry Paste
300ml	400ml	Coconut Cream
30g	40g	Fresh Ginger <i>peel & grate</i>
30ml	40ml	Lime Juice
120g	160g	Green Leaves <i>rinse</i>
8g	10g	Fresh Coriander <i>rinse & pick</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & roughly slice</i>
45g	60g	Toasted Coconut Flakes

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Sugar/Sweetener/Honey

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. CURRY, CHICKEN & CREAM Return the pan to high heat with a drizzle of oil. When hot, fry the corn and the onion until turning golden, 5-6 minutes (shifting occasionally). Add the curry paste and fry until fragrant, 30-60 seconds (shifting constantly). Remove from the pan and place in a large salad bowl. Add the coconut cream, the ginger (to taste), lime juice, a sweetener (to taste), and seasoning to the bowl. Toss through the noodles, the green leaves, the chopped chicken, ½ the coriander, 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 coriander and chilli (to taste). Well done, Chef!

Chef's Tip Place the coconut flakes in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.