



Eat Within 3 Days

QCOOK

Fryer's Cove Thai Chicken Noodle Salad

with toasted coconut flakes

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Fryer's Cove

Wine Pairing: Fryer's Cove | Fryers Cove Sauvignon Blanc

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 626kJ | 3863kJ |
| Energy | 150kcal | 924kcal |
| Protein | 8.4g | 51.5g |
| Carbs | 14g | 89g |
| of which sugars | 1.9g | 11.7g |
| Fibre | 1.6g | 9.9g |
| Fat | 6g | 37.1g |
| of which saturated | 4.4g | 26.9g |
| Sodium | 145mg | 897mg |

Allergens: Egg, Gluten, Wheat, Allium

Spice Level: Mild

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 1 cake | 2 cakes | Egg Noodles |
| 150g | 300g | Free-range Chicken Mini Fillets |
| 80g | 160g | Corn |
| 75g | 150g | Sliced Onions |
| 15ml | 30ml | Red Curry Paste |
| 100ml | 200ml | Coconut Cream |
| 10g | 20g | Fresh Ginger <i>peel & grate</i> |
| 1 | 1 | Lime <i>rinse & cut into wedges</i> |
| 40g | 80g | Spinach <i>rinse</i> |
| 3g | 5g | Fresh Coriander <i>rinse & pick</i> |
| 1 | 1 | Fresh Chilli <i>rinse, trim, deseed & roughly 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 to 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). Remove from the pan and place in a large salad bowl. Add the coconut cream, the ginger (to taste), a squeeze of lime, a sweetener (to taste), and seasoning to the bowl. Toss through the noodles, the leaves, the shredded 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!