



UCCOOK

Coconut Chicken Noodles

with toasted coconut flakes & fresh coriander

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Nitída | Semillon

Nutritional Info

	Per 100g	Per Portion
Energy	655kJ	3731kJ
Energy	157kcal	893kcal
Protein	8.8g	50.3g
Carbs	15g	83g
of which sugars	1.8g	10.5g
Fibre	1.5g	8.8g
Fat	6.5g	36.9g
of which saturated	4.7g	26.9g
Sodium	155mg	886mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat

Spice Level: Moderate

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3 cakes	4 cakes	Egg Noodles
150g	200g	Corn
225g	300g	Sliced Onions
450g	600g	Free-range Chicken Mini Fillets
45ml	60ml	Red Curry Paste
300ml	400ml	Coconut Cream
30g	40g	Fresh Ginger <i>peel & grate</i>
2	2	Fresh Limes <i>cut into wedges</i>
60g	80g	Spinach <i>rinse</i>
8g	10g	Fresh Coriander <i>rinse & pick</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
45g	60g	Toasted Coconut Flakes

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter
Seasoning (salt & pepper)

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. SHREDDY CHICKY 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. You may need to do this step in batches. Remove from the pan and allow to rest for 5 minutes before roughly chopping.

3. COCO SAUCE Return the pan to medium heat with a drizzle of oil. Fry the corn and the onion until turning golden, 5-6 minutes (shifting occasionally) and add the curry paste. Fry until fragrant, 30-60 seconds (shifting constantly). Remove the pan from the heat. Add the coconut cream, the ginger (to taste), some lime juice (to taste), a sweetener, and seasoning. Toss through the noodles, the chicken, the spinach, ½ the coriander, and ½ the chilli (to taste).

4. TIME TO DINE! Bowl up the cold chicken noodles and sprinkle over the coconut flakes. Garnish with the remaining coriander and chilli (to taste). Well done, Chef!