

UCCOOK

Peanut Chicken & Soba Noodles

with cabbage & pineapple chunks

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	394kJ	2070kJ
Energy	94kcal	495kcal
Protein	9.2g	48.4g
Carbs	11g	60g
of which sugars	3g	17g
Fibre	1g	7g
Fat	1.5g	7.7g
of which saturated	0.4g	1.9g
Sodium	299mg	1570mg

Allergens: Sulphites, Peanuts, Gluten, Wheat, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Soba Noodles
3	4	Free-range Chicken Breasts <i>pat dry & cut into 1cm thick strips</i>
15ml	20ml	NOMU Roast Rub
90ml	120ml	Tangy Soy <i>(45ml [60ml] Tamari Sauce & 45ml [60ml] Rice Wine Vinegar)</i>
15ml	20ml	Peanut Butter
300g	400g	Cabbage <i>rinse & thinly slice</i>
300g	400g	Cucumber <i>rinse & cut into matchsticks</i>
240g	320g	Pineapple Chunks <i>drain</i>
8g	10g	Fresh Chives <i>rinse & roughly slice</i>

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel

- 1. NOODLES** Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain and rinse in cold water.
- 2. CHICKEN** Place a pan over medium heat. Pat the chicken dry with paper towel, lightly coat with cooking spray and the NOMU rub. When hot, fry the chicken until lightly charred and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.
- 3. DRESSING** In a bowl, add the tangy soy, a splash of warm water and whisk in the peanut butter until combined.
- 4. JUST BEFORE SERVING** In a bowl, combine the noodles, cabbage, cucumber, and seasoning.
- 5. DINNER IS READY** Dish up the loaded noodles, top with the chicken, and scatter over the pineapple chunks. Drizzle over the dressing and sprinkle over the chives. Well done, Chef!