



UCOOK

Vibrant Chicken Mie Goreng

with pickled peppers & green beans

Try our take on a traditional mi goreng! Originally from Indonesia, this version is packed with pickled peppers, green beans, egg noodles, spring onions, and pak choi. Swirled in a dressing of spicy sweet soy sauce & sesame oil, topped with crispy onions & fresh chilli. So fast & so delicious, you'll be goreng crazy!


Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Creation Wines | Creation Viognier Roussanne
2020

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Ingredients & Prep

1 cake	Egg Noodles
150g	Pak Choi <i>trimmed</i>
1	Fresh Chilli
1	Spring Onion
80g	Green Beans
1	Onion <i>½ peeled & roughly diced</i>
150g	Free-range Chicken Mince
50g	Pickled Bell Peppers <i>drained & roughly chopped</i>
45ml	Spicy Indo Soy <i>(30ml Sweet Indonesian Soy Sauce & 15ml Sambal Oelek)</i>
5ml	Sesame Oil
20ml	Crispy Onions

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s (optional)
Sugar/Sweetener/Honey

1. THE NICEST NOODLES Boil the kettle. Fill a pot for the noodles with boiling water, add a pinch of salt, and place over medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain and toss through some oil to prevent sticking.

2. SOME PREP Separate the leaves of the trimmed pak choi and rinse well. Finely slice the stems and set aside. Slice the green, leafy parts in half lengthways, keeping them separate from the stems. Slice the fresh chilli and finely slice the spring onions. Trim the green beans and cut into thirds.

3. FRY AWAY Place a pan or wok over medium-high heat with a drizzle of oil. When hot, add the diced onion and pak choi stems. Fry for 3-4 minutes until soft and translucent, shifting occasionally. Add ½ the sliced chilli (to taste) and fry for 1 minute until fragrant, shifting constantly. Add the mince and green beans, and fry for 5-6 minutes until browned, stirring occasionally. In the final 2 minutes, add in the chopped pickled peppers and pak choi leaves. Remove from the heat and cover to keep warm.

4. OPTIONAL EGG Place a non-stick pan over medium-high heat with a drizzle of oil. Crack in 1 egg and fry until cooked through to your preference. We like the yolk runny and the white just set! Remove from the heat and season.

5. MI GORENG MOMENT To the pan of chicken mince mix, add the cooked noodles, spicy indo soy, sesame oil (to taste), seasoning and a sweetener of choice to taste. Mix to combine.

6. A DINNER DELIGHT! Bowl up a heaping helping of the mi goreng. Top with the fried egg (if using). Sprinkle over the spring onion, the remaining chopped chilli (to taste) and the crispy onions. Beautiful, Chef!



Chef's Tip

We suggest using a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly and requires less oil.

Nutritional Information

Per 100g

Energy	510kJ
Energy	122kcal
Protein	6.2g
Carbs	15g
of which sugars	5.8g
Fibre	1.2g
Fat	3.8g
of which saturated	1g
Sodium	343mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 1
Day