



UCOOK

Asian-style Chicken & Noodles

with bell pepper, carrots & sesame seeds

With this recipe we show you how to make an Asian-style chicken & noodle dish in your own kitchen with al dente egg noodles, NOMU Oriental Rub-spiced chicken strips, a very special UCOOK soy dressing, fried veggies, and toasted sesame seeds. It's uber delicious, Chef!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

Simple & Save

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Ingredients & Prep

3 cakes	Egg Noodles
15ml	White Sesame Seeds
450g	Free-range Chicken Mini Fillets <i>pat dry & cut into thin strips</i>
15ml	NOMU Oriental Rub
360g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
2	Bell Peppers <i>rinse, deseed & cut into thin strips</i>
3	Garlic Cloves <i>peel & grate</i>
120ml	Soy Dressing <i>(45ml Sweet Indo Soy Sauce, 45ml Orange Juice & 30ml Rice Wine Vinegar)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. NOODLES Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain, reserving 1 cup of pasta water, and rinse in cold water.

2. SEEDS Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHICKEN Return the pan to high heat with a drizzle of oil and a knob of butter. Coat the chicken strips with the NOMU rub. When hot, fry the chicken strips until cooked through, 1-2 minutes per side (shifting as they colour). Remove from the pan.

4. STIR-FRY Return the pan to medium-high heat with a drizzle of oil. When hot, fry the carrot matchsticks, the pepper strips, and the grated garlic until lightly charred but still crunchy, 3-4 minutes. Add the cooked noodles, the soy dressing, and 90ml of the reserved pasta water. Simmer until the noodles are warmed through. Remove from the heat, toss through the cooked chicken, and season.

5. TIME TO EAT Make a bed of the stir-fry and sprinkle over the toasted sesame seeds. Well done, Chef!

Nutritional Information

Per 100g

Energy	408kj
Energy	98kcal
Protein	7.5g
Carbs	14g
of which sugars	3.9g
Fibre	1.5g
Fat	1.4g
of which saturated	0.4g
Sodium	116mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy, Cow's Milk

Eat
Within
3 Days