



Peanut Chicken & Soba Noodles

with cabbage & mango chunks

Hands-on Time: 35 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	396kJ 95kcal	2064kJ 494kcal
Protein	9.1g	47.6g
Carbs	12g	60g
of which sugars	3g	17g
Fibre	1g	7g
Fat	1.5g	7.8g
of which saturated	0.4g	1.9g
Sodium	301.1mg	1568.3mg

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

Spice Level: Mild

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 3 [Serves 4]

150g	200g	Soba Noodles
450g	600g	Free-range Chicken Mini Fillets
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	Mango Chunks
8g	10g	Fresh Chives <i>rinse & roughly slice</i>

- 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 with a drizzle of oil. Pat the chicken dry with paper towel and coat with 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 mango chunks. Drizzle over the dressing and sprinkle over the chives. Well done, Chef!

From Your Kitchen

Water
Paper Towel
Cooking Spray
Seasoning (Salt & Pepper)