

UCCOOK

Creamy Peanut Chicken & Soba Noodles

with cabbage & baby spinach

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	321kJ	1828kJ
Energy	77kcal	437kcal
Protein	8.3g	47.5g
Carbs	9g	52g
of which sugars	1g	9g
Fibre	1g	7g
Fat	0.9g	5.1g
of which saturated	0.2g	1.4g
Sodium	185mg	1055mg

Allergens: Sulphites, Peanuts, Gluten, Wheat, Soya

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 Oriental Express
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i>
60g	80g	Spinach <i>rinse</i>
60ml	80ml	Peanut Butter
60ml	80ml	Tangy Soy <i>(30ml [40ml] Tamari Sauce & 30ml [40ml] Vinegar)</i>
300g	400g	Cabbage <i>rinse & thinly slice</i>
300g	400g	Cucumber <i>rinse & roughly dice</i>
7.5ml	10ml	Dried Chilli Flakes

From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

1. OODLES OF 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. O-YUM ORIENTAL CHICKEN Place a pan over medium heat. Lightly coat the chicken with cooking spray or oil (optional) 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. CHAR THE PEPPERS Return the pan to medium-high heat. Lightly coat the peppers with cooking spray or oil (optional). Sauté the peppers until lightly charred but still crunchy, 3-5 minutes. In the final 1-2 minutes, mix in the spinach and cook until wilted. Remove from the pan.

4. DELISH DRESSING In a bowl, add the peanut butter and whisk in the tangy soy. If it's too thick, loosen with warm water in 5ml increments until drizzling consistency.

5. JUST BEFORE SERVING In a bowl, combine the noodles, cabbage, charred peppers, and seasoning.

6. DINNER IS READY Dish up the loaded noodles, top with the chicken, scatter over the cucumber, and drizzle over the dressing. Garnish with a sprinkle of the chilli flakes (to taste). Well done, Chef!