



UCCOOK

Chilli Peanut Chicken Noodles

with mango, soba noodles & lemon


This Thai-inspired dish will make you go absolutely nutty, Chef! Soba noodles, red curry chicken mince and crunchy veggies are tossed in a nutty, salty and bright peanut sauce. Topped with charred sweet mango and an Asian-inspired chilli oil. It's full on flavour and unforgettable.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Delheim Wines | Delheim Gewürztraminer

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Ingredients & Prep

150g	Free-range Chicken Mince
10g	Fresh Ginger <i>peeled & grated</i>
15ml	Thai Red Curry Paste
50g	Soba Noodles
50g	Mango Fingers
50ml	Peanut Sauce <i>(30ml Peanut Butter, 15ml Low Sodium Soy Sauce & 5ml Sesame Oil)</i>
1	Red Bell Pepper <i>½ rinsed, deseeded & cut into strips</i>
75g	Julienne Carrots
10g	Peanuts <i>roughly chopped</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
5ml	Dried Chilli Flakes
1	Lemon <i>½ cut into wedges</i>

From Your Kitchen

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

1. NOT YOUR AVERAGE MINCE MIX Place a pan over medium-high heat. When hot, add the mince and work quickly to break it up as it starts to cook. Fry for 5-6 minutes until browned and caramelised, shifting occasionally. In the final 1-2 minutes, add ½ the grated ginger and the curry paste (to taste). Remove from the pan and set aside.

2. WANT IT SOBA-D Boil the kettle. Fill a pot with boiling water, add a pinch of salt, and place over high heat. Once bubbling rapidly, cook the noodles for 6-8 minutes until tender. Drain and run under cold water to stop the cooking process. Toss through some oil to prevent sticking and set aside.

3. GO MAN, GO Return the pan, wiped down, to a medium-high heat. When hot, add the mango fingers and fry for 1-2 minutes per side until starting to char. Remove from the pan and set aside.

4. CAUSE A STIR (FRY) Loosen the peanut sauce with 15ml of water. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the pepper strips and fry for 3-4 minutes until soft, shifting occasionally. Add the julienne carrot and fry for 2-3 minutes until soft, shifting occasionally. Remove from the heat and add the loosened peanut sauce, the cooked noodles, and the browned mince. Season, if necessary, and set aside.

5. SIZZLING OIL Place the remaining ginger, ½ the chopped peanuts, ½ the chopped coriander, and the chilli flakes (to taste) in a small bowl. Place a small pan over medium-high heat with 2 tbsp of oil. Heat for 1-2 minutes until hot. When hot, pour the oil over the chilli mix and let it sizzle!

6. THERE YOU HAVE IT! Bowl up the peanut stir-fry. Top with the charred mango and drizzle over the fragrant oil (to taste). Sprinkle over the remaining coriander and peanuts. Serve with a lemon wedge. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	549kJ
Energy	131kcal
Protein	7.9g
Carbs	12g
of which sugars	2.8g
Fibre	1.9g
Fat	6.4g
of which saturated	1.4g
Sodium	200mg

Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Soy

Cook
within
4 Days