



UCCOOK

Spicy Chicken Mie Goreng

with egg noodles, piquanté peppers & fresh coriander

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Delheim Wines | Delheim Staying Alive Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	537kJ	2999kJ
Energy	128kcal	717kcal
Protein	6.7g	37.5g
Carbs	17g	95g
of which sugars	6g	33.4g
Fibre	1.2g	6.9g
Fat	3.4g	19.3g
of which saturated	0.9g	5g
Sodium	268mg	1498mg

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

Spice Level: Hot

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1 cake	2 cakes	Egg Noodles
1	1	Onion <i>peel & roughly slice ½ [1]</i>
40ml	80ml	Spicy Indo Soy <i>(25ml [50ml] Sweet Indo Soy Sauce, 10ml [20ml] Sambal Oelek & 5ml [10ml] Sesame Oil)</i>
150g	300g	Free-range Chicken Mince
120g	240g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
20g	40g	Spinach <i>rinse</i>
10g	20g	Piquanté Peppers <i>drain</i>
3g	5g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

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

2. SAVOURY MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the onion until soft, 3-4 minutes (shifting occasionally). Add the mince and fry until browned, 5-6 minutes (shifting occasionally). In the final 2 minutes, add the carrot, the spinach and the peppers. Remove from the heat.

3. SPICY SAUCE Return the pan with the chicken and veggies to a medium heat. Toss through the noodles, the spicy indo soy, ½ the coriander, and seasoning. Remove from the pan when heated through.

4. GRAB THE GORENG Bowl up a heaping helping of the mie goreng. Scatter over the remaining coriander. Simple yet stunning, Chef!