



U C O O K

— COOKING MADE EASY

Spicy Peanut Satay Chicken

with mung bean noodles, coconut cream, tamari & fresh basil

No one can say no to a creamy satay sauce! Especially when made with sugar-free peanut butter and smothering a tender chicken breast. Paired with a lively, saucy salad of slaw, green beans, and noodles, with notes of basil and lime.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett



Health Nut

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Ingredients & Prep

5ml	White Sesame Seeds
1	Free-Range Chicken Breast
1 cake	Mung Bean Vermicelli Noodles
80g	Green Beans <i>rinsed, trimmed & halved</i>
30ml	Story Time Spicy Peanut Butter
15ml	Tamari
10ml	Honey
50ml	Coconut Cream
1	Lime <i>cut into wedges</i>
75g	Red Cabbage & Julienne Carrot
3g	Fresh Basil <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. LET'S GET GOING Preheat the oven to 220°C on the grill setting. Position the oven rack about 15cm from the top. Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until light brown, shifting occasionally. Remove from the pan on completion and set aside. Pat the chicken breast dry with paper towel. Make wide, criss-cross incisions on its surface, cutting a third of the way into the flesh. Season well and set aside.

2. COOK THE VERMICELLI Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked and glassy. Drain, toss through some oil to prevent sticking, and set aside.

3. GROOVY GREEN BEANS Return the pan to a medium-high heat with a drizzle of oil and a splash of water. When bubbling, simmer the halved green beans for 2-3 minutes until cooked al dente. Remove from the pan on completion, season, and set aside.

4. SATAY CHICKEN Return the pan to a high heat with another drizzle of oil. When hot, fry the breast scored-side down for 2-3 minutes until crispy. Flip and fry for 1-2 minutes until golden but not cooked through. Transfer to a small baking tray and bend slightly to open the slits. Return the pan to a low-medium heat with a drizzle of oil. When hot, whisk in the peanut butter, tamari, honey, and half of the coconut cream until combined. Simmer for 1-2 minutes until slightly thickened, whisking regularly. Stir in the juice of ½ a lime (or to taste) and remove from the heat. Spoon ¼ of the sauce over the chicken, getting it into the slits. Pop under the grill for 5-6 minutes until cooked and lightly charred.

5. ASSEMBLE THE SALAD Loosen the remaining satay sauce by whisking in the remaining coconut cream. If still too thick, gradually add water until drizzling consistency. Place the cabbage and carrot, cooked noodles, and green beans in a bowl. Toss through the satay dressing, three-quarters of the toasted sesame seeds, and three-quarters of the chopped basil. Season to taste.

6. YUM! Plate up the noodle salad and top with the peanut satay chicken. Garnish with the remaining sesame seeds and chopped basil. Serve with a lime wedge on the side. You did it, Chef!



Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. It must be tender, but not soft. This typically refers to pasta, but also applies to other grains, as well as a range of veg. In the case of your green beans, they should still have a slight snap to them once cooked.

Nutritional Information

Per 100g

Energy	698kJ
Energy	167Kcal
Protein	9.8g
Carbs	17g
of which sugars	4.1g
Fibre	1.7g
Fat	6.5g
of which saturated	2.6g
Sodium	70mg

Allergens

Sesame, Peanuts, Sulphites, Soy

Cook
within 3
Days