

UCCOOK

Chicken Stir-fry & Udon Noodles

with aubergine & chives

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Calorie Conscious: Serves 3 & 4

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	285kj	2048kj
Energy	68kcal	490kcal
Protein	6.2g	44.8g
Carbs	9g	65g
of which sugars	3g	21g
Fibre	2g	13g
Fat	0.6g	4.6g
of which saturated	0.2g	1.2g
Sodium	333mg	2395mg

Allergens: Sulphites, Shellfish, Gluten, Wheat, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Aubergine <i>rinse, trim & cut into bite-sized pieces</i>
450g	600g	Free-range Chicken Mini Fillets
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
240g	320g	Green Beans <i>rinse</i>
150ml	200ml	Oyster Sauce
300g	400g	Udon Noodles
8g	10g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

- 1. LET'S GET COOKING!** Preheat the oven to 220°C. Spread the aubergine on a roasting tray, lightly coat with cooking spray, and season. Roast in the hot oven until softened, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).
- 2. GOLDEN CHICKEN** Place a pan over medium heat. Pat the chicken dry with paper towel and lightly coat with cooking spray. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.
- 3. AMAZING AROMAS** Return the pan to medium heat. When hot, add the onion and lightly coat with cooking spray. Fry until golden, 4-5 minutes (shifting occasionally). Add the ginger. Fry until fragrant, 1-2 minutes.
- 4. IN GOES THE GREEN BEANS** When the aubergine has 3-4 minutes remaining, scatter over the green beans and return to the oven for the remaining time.
- 5. O-YUM OYSTER SAUCE** To the pan with the onions, add the oyster sauce, the udon noodles, and 150ml [200ml] of water. Simmer until heated through and the noodles are cooked, 2-3 minutes. Remove the pan from the heat. Stir through the chicken, the roasted veg, and seasoning.
- 6. JUST LOOK AT THAT** Bowl up the saucy udon noodles and garnish with the chives. Enjoy, Chef!