



Eat Within 3 Days

UCCOOK

Creamy Mushroom Chicken & Udon Noodles

with bell pepper

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Calorie Conscious: Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	273kj	2005kj
Energy	65kcal	480kcal
Protein	6.7g	49.5g
Carbs	8g	57g
of which sugars	1g	10g
Fibre	1g	9g
Fat	0.9g	6.3g
of which saturated	0.3g	2.1g
Sodium	22.7mg	166.4mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Chicken Mini Fillets
10ml	20ml	Herby Flour <i>(5ml [10ml] NOMU Italian Rub & 5ml [10ml] Cornflour)</i>
1	2	Bell Pepper/s <i>rinse, deseed & roughly slice</i>
125g	250g	Button Mushrooms <i>wipe clean & roughly chop</i>
1	1	Garlic Clove <i>peel & grate</i>
100g	200g	Udon Noodles
20g	40g	Spinach <i>rinse & shred</i>
10ml	20ml	Lemon Juice
50ml	100ml	Low Fat Plain Yoghurt

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

1. COOK THE CHICKEN Place a pan over medium heat. Pat the chicken dry with paper towel and lightly coat in cooking spray or a drizzle of oil (optional). When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

2. HERBY STOCK & VEG In a small bowl, combine the herby flour with 15ml [30ml] of water. Set aside. Return the pan to medium-high heat. When hot, add the pepper and lightly coat in cooking spray or a drizzle of oil (optional). Cook until lightly charred, 3-4 minutes (shifting occasionally). Add the mushrooms and fry until golden, 5-6 minutes (shifting occasionally). Season and remove from the pan.

3. ALL TOGETHER NOW Return the pan to medium heat. When hot, add the garlic and lightly add cooking spray or a drizzle of oil (optional) (if needed). Fry until fragrant, 30-60 seconds (shifting constantly). Add 100ml [200ml] of water and bring to a simmer. Stir in the diluted stock mix and the udon noodles and simmer until the noodles are cooked through, 2-3 minutes. In the final minute, add the spinach. Remove from the heat and stir through the lemon juice, the plain yoghurt, the cooked chicken, the cooked mushrooms and peppers. Loosen with a splash of warm water (if necessary) and season.

4. DINNER'S READY! Bowl up the hearty mushroom chicken and noodles. Get ready to eat, Chef!