

WCOOK

Peanut Chicken Noodles

with spinach & fresh coriander

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Muratie Wine Estate | Muratie Laurens
Campher Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	598kJ	4224kJ
Energy	143kcal	1010kcal
Protein	8.7g	61.8g
Carbs	11g	80g
of which sugars	1.6g	11.2g
Fibre	1.5g	10.8g
Fat	7g	49.4g
of which saturated	2.7g	19g
Sodium	285mg	2011mg

Allergens: Soya, Egg, Gluten, Allium, Peanuts, Wheat,
Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1 cake	2 cakes	Egg Noodles
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into strips</i>
150g	300g	Free-range Chicken Mini Fillets <i>pat dry & cut into bite-sized pieces</i>
30ml	60ml	Red Curry Paste
100ml	200ml	Coconut Milk
10ml	20ml	Low Sodium Soy Sauce
40ml	80ml	Peanut Butter
40g	80g	Spinach <i>rinse</i>
15g	30g	Peanut & Crispy Onion Mix <i>(10g [20g] Peanuts & 5g [10g] Crispy Onion Bits)</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
15ml	30ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

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. MAKE HASTE WITH THE CURRY PASTE Place a pan over medium heat with a drizzle of oil. When hot, fry the peppers until soft, 3-4 minutes (shifting occasionally). Add the chicken and the curry paste and fry until browned and fragrant, 1-2 minutes (shifting occasionally).

3. PEANUT COCONUT SAUCE Pour in the coconut milk and the soy sauce to the pan. Mix through the peanut butter, and 50ml [100ml] of water. Simmer until slightly thickening, 5-8 minutes (shifting occasionally). Mix in the noodles and the spinach. Remove from the heat and season.

4. PERFECT PLATE OF FOOD Plate up a generous portion of the noodles and peanut chicken. Finish with the peanut & crispy onion mix, the coriander, and drizzle over the lemon juice (to taste).