



UCOOK

Spicy Peanut Satay Chicken

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

No one can stay away from a yummy satay! Especially when made with spicy peanut butter and spooned over perfectly tender chicken mini fillets. Paired with a vibrant carrot & cabbage slaw featuring green beans, vermicelli noodles and notes of basil & lime.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Alex Levett

 Fan Faves

 Stellenzicht | Thunderstone Rosé

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Ingredients & Prep

5ml	White Sesame Seeds
50g	Mung Bean Vermicelli Noodles
100g	Green Beans <i>rinsed, trimmed & halved</i>
35ml	Spicy Peanut Butter
150g	Free-range Chicken Mini Fillets
15ml	Tamari Sauce
10ml	Honey
50ml	Coconut Cream
1	Lime <i>rinsed & ½ cut into wedges</i>
100g	Cabbage <i>rinsed & ½ thinly shredded</i>
120g	Carrot <i>trimmed, peeled & cut into thin matchsticks</i>
3g	Fresh Basil <i>rinsed, picked & roughly torn</i>

From Your Kitchen

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

1. TOASTED SESAME Preheat the oven to 220°C. Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. COOK THE VERMICELLI Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. Drain and rinse in cold water. Set aside.

3. GROOVY GREEN BEANS Return the pan to medium-high heat with a splash of water. When starting to bubble, simmer the halved green beans until al dente, 3-4 minutes. Remove from the pan, season, and add to the bowl of noodles.

4. SATAY CHICKEN Wipe down the pan and return it to high heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden but not cooked through, 1-2 minutes. Transfer to a lightly greased baking tray. Return the pan to low-medium heat with another drizzle of oil. When hot, whisk in the spicy peanut butter, the tamari, the honey, and ½ of the coconut cream until combined. Simmer until slightly thickened, 1-2 minutes (whisking regularly). Stir in the juice of 2 lime wedges (or to taste) and remove from the heat. Spoon ¼ of the sauce over the chicken and pop into the hot oven until cooked through and lightly charred, 2-3 minutes.

5. SUPERB SLAW For the dressing, loosen the remaining satay sauce by whisking in the rest of the coconut cream. If too thick, gradually add water until drizzling consistency. To the bowl of noodles and beans, add the shredded cabbage and carrot matchsticks. Toss through the dressing, ¾ of the toasted seeds, seasoning, and ¾ of the torn basil.

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

Nutritional Information

Per 100g

Energy	527kJ
Energy	126kcal
Protein	7.5g
Carbs	13g
of which sugars	4.1g
Fibre	2g
Fat	4.6g
of which saturated	1.9g
Sodium	191mg

Allergens

Sesame, Sulphites, Soy, Peanut

Cook
within 3
Days