



UCCOOK

Spicy Chicken Mie Goreng

with egg noodles, piquanté peppers & fresh coriander

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Delheim Wines | Delheim Staying Alive Riesling

Nutritional Info	Per 100g	Per Portion
Energy	537kJ	2999kJ
Energy	128kcal	717kcal
Protein	6.7g	37.5g
Carbs	17g	95g
of which sugars	6g	33.4g
Fibre	1.2g	6.9g
Fat	3.4g	19.3g
of which saturated	0.9g	5g
Sodium	268mg	1498mg

Allergens: Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Spice Level: Hot

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3 cakes	4 cakes	Egg Noodles
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
120ml	160ml	Spicy Indo Soy <i>(75ml [100ml] Sweet Indo Soy Sauce, 30ml [40ml] Sambal Oelek & 15ml [20ml] Sesame Oil)</i>
450g	600g	Free-range Chicken Mince
360g	480g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
60g	80g	Spinach <i>rinse</i>
30g	40g	Piquanté Peppers <i>drain</i>
8g	10g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

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. SAVOURY MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the onion until soft, 3-4 minutes (shifting occasionally). Add the mince and fry until browned, 5-6 minutes (shifting occasionally). In the final 2 minutes, add the carrot, the spinach and the peppers. Remove from the heat.

3. SPICY SAUCE Return the pan with the chicken and veggies to a medium heat. Toss through the noodles, the spicy indo soy, ½ the coriander, and seasoning. Remove from the pan when heated through.

4. GRAB THE GORENG Bowl up a heaping helping of the mie goreng. Scatter over the remaining coriander. Simple yet stunning, Chef!