

# QCOOK

## Spicy Chicken Mie Goreng

with egg noodles, piquanté peppers & fresh chives

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Rhea Hsu

**Wine Pairing:** Waterkloof | Seriously Cool Chenin blanc

Nutritional Info	Per 100g	Per Portion
Energy	555kJ	3054kJ
Energy	133kcal	730kcal
Protein	6.7g	37.1g
Carbs	18g	99g
of which sugars	6.7g	36.9g
Fibre	1.2g	6.4g
Fat	3.5g	19.2g
of which saturated	0.9g	5g
Sodium	297mg	1633mg

**Allergens:** Sulphites, Egg, Gluten, Sesame, Wheat, Soya, Allium

**Spice Level:** Hot

Eat Within 3 Days



## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
3 cakes	4 cakes	Egg Noodles
2	2	Onions <i>peel &amp; roughly slice 1½ [2]</i>
450g	600g	Free-range Chicken Mince
360g	480g	Carrot <i>rinse, trim, peel &amp; cut into thin matchsticks</i>
30g	40g	Piquanté Peppers <i>drain</i>
150	200	Spicy Indo Soy <i>(90ml [120ml] Sweet Indo Soy Sauce, 45ml [60ml] Sambal Oelek &amp; 15ml [20ml] Sesame Oil)</i>
8g	10g	Fresh Chives <i>rinse &amp; pick</i>

## From Your Kitchen

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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. SAVOURY CHICKEN** 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 and the peppers. Remove from the heat.
- 3. SPICY SAUCE** Toss the chicken, noodles, spicy indo soy and ½ the chives through the veggies, while the pan remains over medium heat. Once heated through, remove from the pan from the heat.
- 4. GRAB THE GORENG** Bowl up a heaping helping of the mie goreng. Scatter over the remaining chives. Simple yet stunning, Chef!