



Tikka Chicken Noodles

with toasted peanuts

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Simple & Save: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Nitida | Riesling

Nutritional Info	Per 100g	Per Portion
Energy	709.6kJ	2778.8kJ
Energy	169.8kcal	664.9kcal
Protein	13.8g	53.9g
Carbs	16.9g	66.1g
of which sugars	2.3g	9.1g
Fibre	2.2g	8.7g
Fat	4.5g	17.5g
of which saturated	1.2g	4.9g
Sodium	62.6mg	245.2mg

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

Spice Level: Mild



Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

3 cakes 4 cakes Egg Noodles

30g 40g Peanuts
roughly chop

450g 600g Free-range Chicken Mini Fillets

15ml 20ml Cornflour

300ml 400ml Full Cream UHT Milk

3 4 Garlic Cloves
peel & grate

45ml 60ml Spice & All Things Nice Tikka Curry Paste

150g 200g Peas

8g 10g Fresh Mint
rinse, pick & finely chop

- 1. 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. NUTS** Place the peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. Fry the strips until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.
- 4. ALL TOGETHER** In a small bowl, combine the cornflour and the milk. Return the pan to medium with a drizzle of oil. Fry the garlic and the curry paste until fragrant, 1-2 minutes. Mix in the milk mixture and a sweetener (to taste). Simmer until slightly reduced, 4-5 minutes. Mix in the cooked noodles, the chicken, and the peas. Simmer until warmed through, 2-3 minutes. Remove from the heat and season.
- 5. DINNER IS READY** Bowl up the loaded noodles, sprinkle over the toasted nuts, and garnish with the mint. Enjoy, Chef!

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (Salt & Pepper)

Paper Towel

Sugar/Sweetener/Honey