



# UCCOOK

## Peanut Noodles & Chicken

with cabbage, carrot & peanut butter

Bursting with flavour and easy to make, this Chinese street food dish is a quick classic. Golden chicken strips, crunchy cabbage slaw, and scrumptious egg noodles are coated in a thick, tangy sauce of peanut butter, black vinegar & soy sauce. You'll eat up every last drop!

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 4 People

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**Chef:** Alex Levett

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 Simple & Save

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## Ingredients & Prep

40ml	Brown Sugar
120ml	Soy Sauce Mix <i>(60ml Black Vinegar &amp; 60ml Low Sodium Soy Sauce)</i>
60ml	Peanut Butter
2	Garlic Cloves <i>peeled &amp; grated</i>
60ml	Sesame & Chilli Mix <i>(40ml White Sesame Seeds &amp; 20ml Dried Chilli Flakes)</i>
4 cakes	Egg Noodles
4	Free-range Chicken Breasts
400g	Cabbage <i>rinsed &amp; thinly sliced</i>
240g	Carrot <i>rinsed, trimmed &amp; grated</i>

## From Your Kitchen

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

**1. PEANUT SAUCE** Using a whisk or fork, whisk the brown sugar and the soy sauce mix in a bowl until the sugar has dissolved. Add the peanut butter, the grated garlic, and the sesame & chilli mix (to taste). Mix until combined and emulsified.

**2. BUBBLE IT UP** Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain, reserving 2 tbsps of the cooking water, and rinse in cold water. Mix the reserved cooking water into the peanut sauce until silky.

**3. WHILE THE NOODLES ARE COOKING...** Pat the chicken dry with paper towel, and cut into bite-sized cubes. Place a pan or wok over medium-high heat with a drizzle of oil. When hot, fry the chicken until golden but not completely cooked through, 2-3 minutes. Toss through the sliced cabbage and the grated carrot until heated but still crunchy, 2-3 minutes. Pour in the peanut sauce and toss until the chicken is coated and cooked through, 1-2 minutes. Season and remove from the heat.

**4. NO NEED TO HIT THE STREETS** Make a bed of the scrumptious egg noodles and top with the silky chicken stir-fry. Simply delicious!



## Chef's Tip

Place the sesame & chilli mix in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Add to the peanut sauce.

## Nutritional Information

Per 100g

Energy	599kJ
Energy	143kcal
Protein	10.5g
Carbs	17g
of which sugars	5.6g
Fibre	1.7g
Fat	3.4g
of which saturated	0.8g
Sodium	227mg

## Allergens

Egg, Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Soy

Cook  
within 3  
Days