



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!

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Alex Levett

 Simple & Save

 Strandveld | First Sighting Sauvignon Blanc

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Ingredients & Prep

10ml	Brown Sugar
30ml	Soy Sauce Mix <i>(15ml Black Vinegar & 15ml Low Sodium Soy Sauce)</i>
15ml	Peanut Butter
1	Garlic Clove <i>peeled & grated</i>
15ml	Sesame & Chilli Mix <i>(10ml White Sesame Seeds & 5ml Dried Chilli Flakes)</i>
1 cake	Egg Noodles
1	Free-range Chicken Breast
100g	Cabbage <i>rinsed & thinly sliced</i>
120g	Carrot <i>½ rinsed, trimmed & 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 1 tbsp 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, 1-2 minutes. Toss through the sliced cabbage and the grated carrot until heated but still crunchy, 1-2 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