

UCCOOK

Creamy Peanut Chicken & Soba Noodles

with cabbage & baby spinach

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	321kJ	1828kJ
Energy	77kcal	437kcal
Protein	8.3g	47.5g
Carbs	9g	52g
of which sugars	1g	9g
Fibre	1g	7g
Fat	0.9g	5.1g
of which saturated	0.2g	1.4g
Sodium	185mg	1055mg

Allergens: Sulphites, Peanuts, Gluten, Wheat, Soya

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Soba Noodles
1	2	Free-range Chicken Breast/s <i>pat dry & cut into 1cm thick strips</i>
5ml	10ml	NOMU Oriental Express
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into strips</i>
20g	40g	Spinach <i>rinse</i>
20ml	40ml	Peanut Butter
20ml	40ml	Tangy Soy <i>(10ml [20ml] Tamari Sauce & 10ml [20ml] Vinegar)</i>
100g	200g	Cabbage <i>rinse & thinly slice</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>
2.5ml	5ml	Dried Chilli Flakes

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel

- 1. OODLES OF NOODLES** Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain and rinse in cold water.
- 2. O-YUM ORIENTAL CHICKEN** Place a pan over medium heat. Lightly coat the chicken with cooking spray or oil (optional) and the NOMU rub. When hot, fry the chicken until lightly charred and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.
- 3. CHAR THE PEPPERS** Return the pan to medium-high heat. Lightly coat the peppers with cooking spray or oil (optional). Sautè the peppers until lightly charred but still crunchy, 2-3 minutes. In the final 30-60 seconds, mix in the spinach and cook until wilted. Remove from the pan.
- 4. DELISH DRESSING** In a bowl, add the peanut butter and whisk in the tangy soy. If it's too thick, loosen with warm water in 5ml increments until drizzling consistency.
- 5. JUST BEFORE SERVING** In a bowl, combine the noodles, cabbage, charred peppers, and seasoning.
- 6. DINNER IS READY** Dish up the loaded noodles, top with the chicken, scatter over the cucumber, and drizzle over the dressing. Garnish with a sprinkle of the chilli flakes (to taste). Well done, Chef!