

for the
little ones

Peanut Chicken Noodles

Grilled chicken tenderloins served with noodles, veggie sticks, homemade satay sauce and finished with crunchy peanuts.



30 Minutes



2 Servings



Chicken

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FROM YOUR BOX

WHEAT NOODLES	200g
PEANUT BUTTER	2 packets
COCONUT MILK	165ml
LIME	1
CHICKEN TENDERLOINS	300g
LEBANESE CUCUMBER	1
RED CAPSICUM	1
CARROT	1
PEANUTS	40g

FROM YOUR PANTRY

oil for cooking (sesame or other), soy sauce, sweet chilli sauce

COOKING TOOLS

saucepan (or rice cooker), small saucepan, griddle pan or BBQ

Stir-fry chicken, capsicum and carrot with soy sauce. Serve over rice with satay sauce and peanuts.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - noodles are replaced with rice noodles.



1. COOK the NOODLES

Bring a large saucepan of water to a boil. Add **noodles** and cook for 4 minutes or until tender. Drain and rinse in cold water.

tip Use a fork to stir noodles occasionally so they don't stick together!



4. GRILL the CHICKEN

Heat a griddle pan (or BBQ) with **oil** over medium-high heat. Season **chicken** with **1/2 tbsp soy sauce**. Cook for 6-8 minutes on each side or until cooked through.

tip Thread chicken onto skewers if you like!



2. Make the Sauce

Meanwhile, place **peanut butter**, **coconut milk**, **1/4 cup water** and juice from **1/2 lime** in a small saucepan. Heat, stirring until well combined. Season with **1 tbsp soy sauce** and **1 tbsp sweet chilli sauce**. Take off heat.

tip Add more water to loosen the sauce more if needed.



5. FINISH AND SERVE

Serve noodles with grilled chicken, satay sauce, veggie sticks and remaining lime cut into wedges. Roughly chop **peanuts** and sprinkle on top.

tip Thread chicken onto skewers for serving if you like.



3. PREPARE the VEGGIE STICKS

Cut **cucumber**, **capsicum** and **carrot** into veggie sticks.