FOR the
Little ONes

CRUNCHY
VEGGIES

CaRRot

CHICKEN SKeWeRS &
RICe NOODLeS

Peanut CHICKEN NOODLeS

Grilled chicken, saucy peanut noodles, quick veggies and crunchy peanuts makes a fresh, colourful noodle bowl for everyone.

35 Minutes   CHICKEN   4/6 SERVINGS

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	4 PEOPLE	6 people
EGG NOODLES	300g	300g + 150g
PEANUT BUTTER	2 x 20g	4 x 20g
COCONUT MILK	165ml	400ml
LIME	1	2
CARROTS	2	2
RED CAPSICUM	1	2
LEBANESE CUCUMBER	1	2
PEANUTS	40g	80g
CHICKEN TENDERLOINS	600g	600g + 300g

FROM YOUR PANTRY

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

COOKING TOOLS

saucepan, small pan, griddle pan/BBQ

> Stir-fry chicken, capsicum and carrot together with soy sauce for a quick all-in-one version. Toss through noodles.

> **Before you start cooking!**
> Wash your veggies and set out all ingredients, pans, chopping board and knife.

> **No gluten option -** egg noodles are replaced with rice noodles.

1. COOK THE NOODLES

Bring a large saucepan of water to a boil. Add **noodles** and cook for 3-4 minutes or until tender. Drain and rinse under cold **water**. Drizzle with a little **oil** to prevent sticking. Set aside.

2. MAKE THE SAUCE

In a saucepan, combine **peanut butter**, **coconut milk, juice from 1/2 lime, 1 tbsp soy sauce, 1 tbsp sweet chilli sauce and 2 tbsp water**. Heat, stirring until well combined. Set aside.

6P – double ingredients for the sauce.

> tip *Add 1/2 tsp curry powder or 1/4 tsp turmeric for extra colour.*

3. PREPARE THE VEGGIES

Julienne (or grate) **carrot** and thinly slice **capsicum** and **cucumber**.

Chop **peanuts** and cut remaining **1/2 lime** into wedges.

> tip *Cut veggies into sticks instead if you prefer!*

4. GRILL THE CHICKEN

Heat a griddle pan (or BBQ) over medium-high heat. Toss **chicken** with **oil, 1 tbsp soy sauce and 1 tbsp sweet chilli sauce**. Cook for 4-6 minutes on each side or until cooked through.
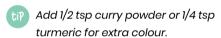
6P – use 1 1/2 tbsp of each soy sauce and sweet chilli sauce.

5. FINISH AND SERVE

Rinse **noodles** again and toss with half of the **satay sauce.**

Serve with **grilled chicken, veggies** and **lime wedges**. Top with remaining **satay sauce and peanuts**.

> tip *Add some fresh chilli or chilli flakes.*