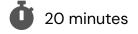






Satay Chicken Noodles

Tender chicken pieces in a cashew satay sauce on a bed of sesame rice vermicelli noodles finished with fresh toppings and lime.







Switch it up!

You can use the ingredients to make lettuce cups or rice paper rolls that the family can assemble at the table! For a warmer dish, stir-fry the noodles with the capsicum and carrot.

TOTAL FAT CARBOHYDRATES

40g

FROM YOUR BOX

RICE VERMICELLI NOODLES	1 packet
RED CAPSICUM	1
LEBANESE CUCUMBERS	2
CARROT	1
ROASTED CASHEWS	40g
CHICKEN TENDERLOINS	600g
LIME	1
SATAY SAUCE	1 bottle

FROM YOUR PANTRY

sesame oil, soy sauce

KEY UTENSILS

large frypan, saucepan

NOTES

Use coconut milk instead of water if you prefer a creamier finish. The sauce can also have a little heat; if you're sensitive to spice, add more water to thin it out.



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Cook noodles according to packet instructions or until al-dente. Drain, rinse and return to saucepan (for step 4).



2. PREPARE THE TOPPINGS

Slice capsicum and cucumbers. Julienne or ribbon carrot. Chop cashews. Set aside.



3. COOK THE CHICKEN

Heat a frypan over medium-high heat. Cut chicken into thick strips. Coat with 1 tbsp soy sauce and 1 tbsp sesame oil. Cook for 8-10 minutes, turning (see step 5).



4. DRESS THE NOODLES

Meanwhile, whisk together lime zest, juice from 1/2 lime (wedge remaining), 1 tbsp soy sauce and 1 tbsp sesame oil. Toss with cooked noodles until well combined.



5. ADD THE SAUCE

Pour satay sauce and **1/4 cup water** over chicken. Simmer for 1 minute until heated through (see notes).



6. FINISH AND SERVE

Divide noodles, chicken and satay sauce among bowls. Add fresh toppings, garnish with cashews and serve with lime wedges.



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