

for the
little onesCRUNCHY
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



2 Servings

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FROM YOUR BOX

EGG NOODLES	150g
PEANUT BUTTER	2 x 20g
COCONUT MILK	165ml
LIME	1
CARROTS	1
RED CAPSICUM	1
LEBANESE CUCUMBER	1
PEANUTS	40g
CHICKEN TENDERLOINS	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 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.



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.

tip Thread chicken onto skewers if you like!



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.

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



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.



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!