

DINNERLY



Satay Chicken Noodles with Vegetables



20-30 minutes



4 Servings

Stir-fry tender chicken, crunchy veg and chewy noodles in a creamy peanut sauce and what do you get? A wok-full of delicious satay noodles in next to no time.

WHAT WE SEND

- free-range chicken thigh fillet
- 60g peanut butter ⁵
- 400ml coconut milk
- 200g dry egg noodles ^{1,3}
- 2 carrots
- 2 capsicums

WHAT YOU NEED

- garlic clove
- soy sauce ⁶
- sugar
- vegetable oil

TOOLS

- medium saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Peanuts (5), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 735kcal, Fat 41.3g, Carbs 47.2g, Proteins 41.5g



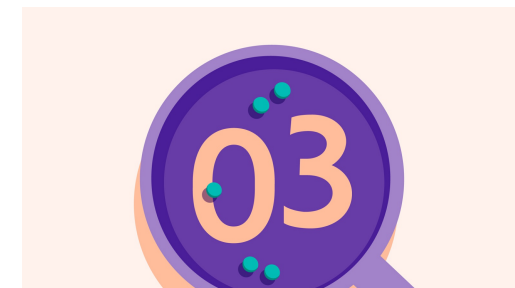
1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Thinly slice the **capsicums**, discarding the seeds and membrane. Peel the **carrots**, then halve lengthwise and thinly slice on an angle. Finely chop **3 garlic cloves**. Trim any excess fat, then thinly slice the **chicken**.



2. Cook noodles

Cook the **noodles** for 3-4 mins until tender. Drain, then refresh under running water to separate the noodles. Set aside.



3. Make satay sauce

Put the **coconut milk**, **peanut butter**, **60ml (¼ cup) soy sauce** and **2 tsp sugar** in a bowl and whisk well to combine.



4. Cook chicken and veggies

Heat **2 tbs vegetable oil** in a wok or deep frypan over medium-high heat. Stir-fry the **chicken**, for 3 mins or until golden. Add the **capsicum**, **carrot** and **garlic** and stir-fry for 2 mins. Stir in the **satay sauce**, reduce heat to low, and cook for 3 mins or until vegetables are tender and the sauce has thickened slightly.



5. Serve up

Stir the **noodles** into the sauce mixture and cook for a further 1-2 mins until warmed through. Divide the **satay chicken noodles** among bowls to serve.



6. Make it yours

Like your satay with a little kick? Throw a little fresh chopped chilli or dried chilli flakes in with the satay sauce before cooking.