

MARLEY SPOON



Chicken Satay Noodles

with Soy, Garlic and Spring Onion



20-30min



4 Portions

Originating from the Indonesian island of Java, peanut sauce wins over the fussiest of diners. And here we make it so easy. Simply marinate tender chicken for an extra flavour kick, chop up veggies, whisk the peanut sauce, then bring the lot together in a hot pan for satisfaction guaranteed.

What we send

- 1,3
- 2,4
- 5
- 2 bunches pak choy
- 4 spring onions

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- neutral-flavoured oil
- soy sauce ⁶
- water

Utensils

- colander
- large frypan
- large saucepan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Shellfish (2), Egg (3), Fish (4), Peanuts (5), Soy (6). May contain traces of other allergens.

Nutrition per serving

Energy 795kcal, Fat 21.4g, Carbs 89.2g, Proteins 56.1g



1. Prepare vegetables

Read through the recipe. Peel the **carrots**, trim the **zucchini**, then halve lengthwise and thinly slice. Thinly slice the **spring onions**. Quarter the **pak choy** lengthwise, then halve widthwise, keeping the leaves and stems separate. Crush or finely chop the **garlic**.



2. Marinate chicken

Bring a large saucepan of water to the boil for the noodles. Put the **chicken breasts** on a board, put your hand on top and slice each breast in half horizontally, then thinly slice widthwise. Put the **garlic**, **1 tbs soy sauce** and **1 tbs oil** in a large bowl and stir to combine. Add the chicken and mix to coat.



3. Make peanut sauce

Whisk the **peanut butter**, **chilli jam**, **2 tbs soy sauce** and **125ml (½ cup) water** in a bowl until well combined.



4. Stir-fry chicken

Heat a large deep frypan over medium-high heat. Stir-fry the **chicken** for 2-3 mins until golden. Transfer to a plate. Cook **two-thirds of the noodles**** in the pan of boiling water for 4 mins. Drain.



5. Stir-fry vegetables

Meanwhile, heat **1 tbs oil** in the pan over high heat. Stir-fry the **carrot**, **zucchini** and **pak choy stems** for 1 min. Reduce the heat to medium, return the **chicken** and any resting juices to the pan, stir in the **peanut sauce** and bring to a simmer.



6. Get ready to serve

Stir in the **pak choy leaves** and **half the spring onion** and cook for 1 min or until the leaves are wilted. Divide the **noodles** and **chicken mixture** among bowls. Scatter over the **remaining spring onion** to serve.