

**BARGAIN
BOX**

Ready In About
20 MIN

20-Minute Chicken & Rice Noodle Salad

with Peanut Dressing

Best Enjoyed
EARLY

Nutrition Information

SERVES 2 Energy 2714 kJ | 649 kcal | Carbohydrates 65.7 g | Protein 45.2 g | Fat 21.7 g

SERVES 4 Energy 2732 kJ | 653 kcal | Carbohydrates 66.3 g | Protein 45.7 g | Fat 21.7 g

SERVES 6 Energy 2841 kJ | 679 kcal | Carbohydrates 68.1 g | Protein 45.9 g | Fat 23.6 g

Nutrition is an average, based on 1 serving. For accurate allergen information, refer to all product labels. Please check the expiry date on your items.



Please note that your recipe card ingredients will reflect the correct produce for your recipe, but the image may not.




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Ingredients

2

PEOPLE 

Peanut Dressing

30g smooth peanut butter
1/4 tsp red curry paste
1 tsp soy sauce ^
100ml coconut milk

Noodle Salad

1/3 pack rice stick noodles
1 Lebanese cucumber, cut
in half & thinly sliced on an
angle
150g slaw
1 Tbsp vinegar ^

1/2 Tbsp sweet chilli sauce ^
1 tsp fish sauce ^

Chicken

1 drizzle of oil ^
300g diced free range chicken
breast
1/2 tsp red curry paste
1 tsp honey ^
1/2 Tbsp soy sauce ^

4

PEOPLE 

Peanut Dressing

60g smooth peanut butter
1/2 tsp red curry paste
2 tsp soy sauce ^
200ml coconut milk

Noodle Salad

2/3 pack rice stick noodles
1 telegraph cucumber, cut in
half & thinly sliced on an
angle
350g slaw
2 Tbsp vinegar ^

1 Tbsp sweet chilli sauce ^
2 tsp fish sauce ^

Chicken

1 drizzle of oil ^
600g diced free range chicken
breast
1 tsp red curry paste
2 tsp honey ^
1 Tbsp soy sauce ^

6

PEOPLE 

Peanut Dressing

90g smooth peanut butter
3/4 tsp red curry paste
1 Tbsp soy sauce ^
400ml coconut milk

Noodle Salad

1 pack rice stick noodles
1 telegraph cucumber, cut in
half & thinly sliced on an
angle
500g slaw
2 Tbsp vinegar ^

2 Tbsp sweet chilli sauce ^
1 Tbsp fish sauce ^

Chicken

1 drizzle of oil ^
900g diced free range chicken
breast
1 1/2 tsp red curry paste
1 Tbsp honey ^
2 Tbsp soy sauce ^

Instructions

1.

PREP IT

Boil a pot of salted water.
Mix all peanut dressing ingredients in a saucepan.
Place on medium heat and bring to a simmer.
As soon as it simmers, remove from heat.
Set aside for serving.

2.

BOIL IT

Add noodles to pot of boiling water, stir, cover and turn off heat.
Leave for 8-10 mins, until tender.
Drain, rinse with lukewarm water and drain again.
Cut in a few places to make them easier to eat.

3.

COOK IT

Meanwhile, heat oil in a frypan on medium-high.
Toss chicken in a bowl with second measure of curry paste, honey and soy
sauce. Like it a bit spicier? Add an extra teaspoon of curry paste.
Add chicken to frypan and cook for 6-8 mins, tossing occasionally, until
golden and cooked through.

4.

FINISH IT

Cut cucumber in half and thinly slice on an angle.
Toss in a bowl with cooked noodles, slaw, vinegar, sweet chilli sauce and
fish sauce.

5.

EAT IT

Top noodle salad with chicken.
Drizzle over peanut dressing.
Enjoy!