

Recipe 1



CHICKEN SATAY STIR FRY

Peanut butter isn't just for toast – here it's the key ingredient in a delicious nutty noodle stir fry. This dish is mega-tasty and ready in a flash.

Serves: 4

Done in: 30 minutes

Ingredients

For the stir-fry:

- 3 nests of medium egg noodles
- 2 cloves of garlic
- 1 onion
- 1 carrot
- 4 levelled tbsp peanut butter (smooth or crunchy)
- 1 stock cube (chicken or vegetable, don't forget you can use reduced salt too)

For the marinated chicken:

- 4 chicken thighs, boneless and skinless
- 1 tsp curry powder
- 2 tbsp vegetable oil

To serve (optional):

- Soy sauce
- 2 spring onions



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Method

1

Slice the chicken thighs into strips and pop these in a bowl. Sprinkle over the curry powder and add the vegetable oil. Give it a good mix.

2

Pop the kettle on and put the noodles in a bowl. Once the kettle has boiled, pour the hot water over the noodles until just covered. Pop a plate over the bowl and leave for 10 minutes. When the time's up, keep back ½ mug of the water (to use later) and drain the noodles using a sieve. Set aside.

3

Heat a large non-stick frying pan over a medium heat. Once hot, add the slices of marinated chicken thighs and cook for 8-10 minutes, giving them a stir now and then, until the chicken is golden and starting to crisp on the outside.

4

While the chicken is cooking, peel and roughly slice the garlic and onion, then peel the carrot and cut this into strips. Once the chicken is golden, add the garlic, onion and carrot to the pan and stir fry for a couple of minutes, just to take the raw edge off the onion.

5

In a small bowl, add the peanut butter and crumble in the stock cube. Mix together with 4 tbsp hot water to make a paste. Add this paste to the pan, along with the ½ mug water from the noodles. Stir it all together and cook for a couple more minutes.

6

Next, add the drained noodles to the pan, tossing everything together so it's all coated in the delicious peanut sauce. If using, chop up the spring onions and add these to the pan, along with a few splashes of soy sauce. Give it a quick stir and then dish it out.