



Chicken Satay Noodles

Ingredients

- 4 packets Maggi 3 Minute Chicken Noodles
- 1 tablespoon Maggi Liquid Seasoning
- 2 teaspoons rapeseed oil
- 2 tablespoons Maggi Extra Hot Chilli Sauce
- 75 g Maggi Coconut Milk Powder
- 0.25 bunch spring onions, sliced
- 150 g frozen peas
- 100 g sugar snap peas
- 100 g frozen sweetcorn
- 4 wedges Lime, to serve
- 1 large handful baby spinach leaves, washed
- 1 large carrot, peeled
- 0.5 bunch fresh coriander leaves, finely chopped

Instructions

1. Put the chicken in a bowl, add the liquid seasoning and mix well. Cover and set aside for 5 minutes.
2. Cook the noodles in boiling water for 3 minutes (save the seasoning sachet for later). Drain and rinse with cold water until they are cold, drain well then add half the rapeseed oil and toss.
3. Heat a wok until hot, add the remaining rapeseed oil and the spring onions and stir-fry for 1 minute, or until softened. Add the peanut butter, chilli sauce, seasoning from the sachets and stir well until combined.
4. Mix the coconut milk powder with 325ml boiling water and pour into the pan, stir well. Bring to a simmer, then add the marinated chicken and cook for 3-4 minutes. Add the sugar snap peas and simmer for another 2 minutes, or until nearly tender, then add the frozen peas, beans and sweetcorn. Return to the boil, stir in the lime juice and check the seasoning – you might want to add more lime juice or chilli, depending how hot you like it.
5. Stir in the cooked noodles and heat for 1-2 minutes, or until hot through. Stir in the carrot shavings and spinach and remove from the heat. The heat from the dish will wilt the spinach down. Stir a couple of times.
6. Serve in bowls, topped with the coriander leaves and dive in!

Nutrition

Carbohydrate	28.84 g
Energy	290.9 kcal
Fat	17.14 g
Fibre	5.01 g
Protein	7.19 g
of which: saturates	11.34 g
Sodium	663.49 mg

18 Minutes

4

of which: sugars 7.32 g