

CHICKEN WITH NOODLES & PEANUT SATAY

An easy to prepare dish perfect with

Little Beauty Limited Edition Pinot Gris

Serves 4



INGREDIENTS

Egg noodles, enough for four
500 grams of chicken breasts, sliced into pieces
2-3 tablespoons of sesame seeds, lightly browned in a pan
Sesame oil
1 fresh chilli, chopped
3 cloves of garlic, crushed
1 medium onion, sliced
5-6 broccoli florets, cut into smaller florets
1 medium carrot, peeled and sliced into sticks
1 red pepper, sliced
5-6 button mushrooms, quartered
2 spring onions, chopped

FOR THE PEANUT SATAY

2-3 tablespoons water
1 teaspoon of powdered coriander
1 teaspoon of powdered ginger
1 clove of garlic, crushed
3-4 heaped tablespoons peanut butter
Coriander as garnish



METHOD

To prepare the peanut satay, add 2-3 tablespoons of water to a pan. Bring to medium-low heat. Add all other satay ingredients, stirring constantly. If sauce becomes too thick, smooth by adding a little extra water. Keep warm until noodles and chicken and vegetables are ready.

Bring a saucepan, with 3-4 cup of water in it, to the boil. Add a splash of sesame oil. Bring to the boil, add egg noodles and cook as per packet instructions. When egg noodles are cooked, drain. Pour 2-3 tablespoons of sesame oil over and a decent sprinkling of sesame seeds. Mix additions through.

Meanwhile, heat a large pan or wok to medium heat, add a splash of sesame oil. Add the chopped chilli and garlic. Stirring for 2-3 minutes. Add the onion and chicken pieces stirring for 2-3 minutes. Add the broccoli, carrot, red pepper and mushrooms, stirring for a further 2-3 minutes.

Serve chicken and vegetables on a bed of hot noodles. Pour peanut satay over and garnish with chopped spring onions and coriander.

Enjoy with Little Beauty Pinot Gris.

www.littlebeauty.co.nz | info@littlebeauty.co.nz

“I’m proudly Kiwi and I’m a Little Beauty “