



Nutty chicken with noodle salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 140 g roasted peanut unsalted
- ☐ 4 chicken breasts skinless halved
- ☐ 1 eggs with a fork beaten
- ☐ 85 g buckwheat noodles dried
- ☐ 1 cucumber halved sliced
- ☐ 1 small bunch mint leaves leaves picked roughly chopped
- ☐ 2 lime zest
- ☐ 1 tsp sugar

☐ 1 chilli red deseeded finely sliced

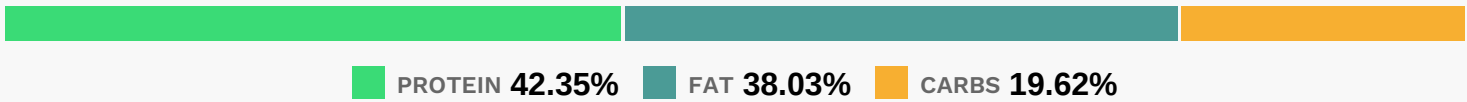
Equipment

- ☐ food processor
- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ tongs

Directions

- ☐ Heat oven to 200C/fan 180C/gas 6 and cover a baking tray with baking paper. Finely chop the peanuts in a food processor or by hand you want large crumbs, not dust then tip onto a plate. Dip the chicken pieces in egg, then coat in the peanuts and place on the tray. You can freeze the coated chicken pieces for up to a month, defrost, then continue with recipe.
- ☐ Bake for 15–20 mins until golden and cooked through.
- ☐ Meanwhile, cook the noodles according to pack instructions, drain, rinse under cold water until cool, then drain again. When the chicken is ready, use kitchen tongs or two forks to mix the noodles with the cucumber slices, mint, lime juice and zest, sugar, chilli if using, and some seasoning.
- ☐ Serve immediately, topped with the crunchy chicken.

Nutrition Facts



Properties

Glycemic Index:54.59, Glycemic Load:8.79, Inflammation Score:-8, Nutrition Score:34.599130640859%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 14.51mg, Hesperetin: 14.51mg, Hesperetin: 14.51mg, Hesperetin: 14.51mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 580kcal (29%), Fat: 24.83g (38.2%), Saturated Fat: 4.38g (27.4%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 23.09g (8.4%), Sugar: 3.85g (4.28%), Cholesterol: 185.56mg (61.85%), Sodium: 290.26mg (12.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.21g (124.43%), Vitamin B3: 29.77mg (148.83%), Selenium: 91.92µg (131.31%), Vitamin B6: 1.97mg (98.71%), Phosphorus: 699.69mg (69.97%), Manganese: 1.25mg (62.31%), Vitamin B5: 4.38mg (43.79%), Potassium: 1337.27mg (38.21%), Vitamin C: 31.34mg (37.99%), Magnesium: 151.54mg (37.88%), Vitamin B1: 0.45mg (29.78%), Folate: 118.94µg (29.74%), Copper: 0.54mg (26.91%), Fiber: 5.72g (22.87%), Vitamin B2: 0.37mg (22.01%), Zinc: 2.7mg (17.99%), Iron: 3.21mg (17.81%), Vitamin B12: 0.55µg (9.16%), Calcium: 84.59mg (8.46%), Vitamin K: 7.68µg (7.32%), Vitamin A: 347.53IU (6.95%), Vitamin E: 0.74mg (4.95%), Vitamin D: 0.45µg (2.97%)