

Peanut Satay Noodles (meat or vegetarian)

By Kamrang & Ross McKenzie, Toronto NSW



Ingredients:

160g chicken (or meat substitute*),
diced
1 tbs cooking oil
8 button mushrooms, sliced
1/4 (500g) **Chinese cabbage**, cut (see
below)
1 carrot, cut into strips and boiled
250g Singapore noodles (steamed
variety)
1/4 cup of water (or more if needed)
1 portion **Peanut Satay Sauce** (see
below)

*Suggested meat substitute:

Fry's Chicken Style Strips (available at
Coles or Woolworths)

Method:

- Heat the oil in a frypan and fry the mushrooms until tender
- Add the chicken and fry until cooked through
- Stir in the carrot and Chinese cabbage, fry until the cabbage is small
- Stir in the Singapore noodles and 1/4 cup of water, fry for 2 minutes
- Remove from the heat and stir in the Peanut Satay Sauce

Cutting the Chinese cabbage:

Note: it looks like a lot of cabbage but it shrinks down very small when cooked

Remove the hard stem:



Cut 2cm wide lengthways:



Cut lengths into 5cm pieces:



Peanut Satay Sauce (1 portion)

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Ingredients:

1/2 sachet (35-40g) Vissot Cambodian Curry Paste, dissolved (see below)
2 tbs hot water
1 cup coconut milk
1/4 cup peanut butter



Method:

Dissolve the paste (see above for instructions):



Combine all of the ingredients in a small pot:



Heat and stir continually on medium heat until mixed and dissolved well (do not let it boil):



Serving suggestion:

Serve as a sauce (such as with kebabs)
Add to stir fries

Dissolving the Paste:

Cut paste into 5mm wide strips:



Place in a small bowl and add **hot** water until almost covered (2 tbs for 1/2 sachet):



Soak for 10 minutes (microwave to dissolve faster). Mash into a smooth paste with the back of a spoon:

