



# CHICKEN AND SOBA NOODLE SALAD

with Snow Peas, Mango, and Garlic-Green Onion Vinaigrette



## HELLO SOBA

Japanese noodles made from buckwheat flour

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 764



Chicken Thighs,  
strips



Mango



Garlic



Green Onion



Long Red Chili



Cilantro



Rice Vinegar



Soy Sauce



Soba Noodles



Snow Peas,  
trimmed



Cashew, chopped,  
toasted



## BUST OUT

- Medium Pot
- Large Pan
- Large Bowl
- Strainer
- Measuring Spoons
- Sugar (2 tsp | 4 tsp)
- Salt
- Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Chicken Thighs, strips 1 pkg (340 g) | 2 pkg (680 g)
- Mango 150 g | 300 g
- Garlic 1 pkg (10 g) | 2 pkg (20 g)
- Green Onion 2 | 4
- Long Red Chili 1 | 1
- Cilantro 1 pkg (10 g) | 1 pkg (10 g)
- Rice Vinegar 9 1 pkg (1 tbspc) | 2 pkg (2 tbspc)
- Soy Sauce 1,4 2 pkg (1 tbspc) | 4 pkg (2 tbspc)
- Soba Noodles 1 1 pkg (113 g) | 2 pkg (227 g)
- Snow Peas, trimmed 1 pkg (227 g) | 2 pkg (454 g)
- Cashew, chopped, toasted 5 1 pkg (14 g) | 2 pkg (28 g)

## ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

## START STRONG

Soba noodles can overcook quickly. To keep them from sticking together, drain the noodles as soon as they become tender and immediately soak in cold water.



**1 PREP MANGO** Wash and dry all produce. Cut a small piece off the larger end of the **mango(es)**. Stand it on your cutting board. Avoiding the flat pit running down the centre of the mango, cut the 'cheeks' off around the pit. Remove the flesh with a spoon and cut into thin strips.



**4 COOK SOBA** Add the **soba noodles** to the boiling water, then reduce the heat to medium-low. Cook until the noodles are tender, 4-5 min. (**TIP:** Be careful, soba noodles can quickly overcook!) Drain and immediately soak the noodles in cold water in the same pot.



**2 PREP** Bring a medium pot of **salted water** to a boil. Mince or grate the **garlic**. Thinly slice the **green onions**. Roughly chop the **cilantro**. Mince the **chili**, removing the ribs and seeds if you prefer less heat.



**5 COOK CHICKEN** Add another drizzle of **oil** to the same pan over medium-high heat. Add the **chicken** and **snow peas**. Cook until the chicken is cooked through and the snow peas are tender crisp, 6-7 min. Season with **salt** and **pepper**.



**3 MAKE DRESSING** Heat a large pan over medium heat. Add a drizzle of **oil**, then the **garlic** and **green onions**. Cook until fragrant, 1-2 min. Remove the pan from the heat and stir in the **vinegar**, **soy sauce** and **sugar**. Season with **salt** and **pepper**. Pour the **dressing** into a large bowl, then place it in the refrigerator to cool.



**6 FINISH AND SERVE** Add the **noodles**, **chicken mixture** and **mango strips** to the **garlic-onion dressing**. Toss to combine. Divide the **soba noodle salad** between bowls and sprinkle with **cashews**, **cilantro** and as much **chili** as you like.

## SWEET!

Warming the dressing mellows out the flavours of the the garlic and green onion.