



Bang Bang Pulled Chicken Noodle Salad

Bang Bang Noodles or Biang Biang Noodles, are a dish that originates from the Xi-an region of China. Traditionally a cold dish with a spicy sauce, this inspired our dish of noodles mixed with chicken and a sweet but spicy sauce. This would make for a great lunchbox treat if you have any leftovers!

Ingredients

- Chicken
- Carrot
- Spring Onion
- Cucumber
- Red Chilli
- Lime
- Fresh Coriander
- Rice Noodles
- Soy Sauce
- Peanut butter
- Maple Syrup
- Sesame Oil

Your Pantry

- Olive Oil

Nutritional Info

Calories: 598kcal
Carbohydrates: 80g
Protein: 28g
Fat: 20g

Allergens


[Wheat \(Soy Sauce\)](#)
[Peanuts \(Peanut Butter\)](#)
[Soybean \(Soy Sauce\)](#)
[Sesame \(Sesame Oil\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Boil the kettle

2) Cook the chicken

Place a large frying pan on high heat with a drizzle of oil. Add the chicken breasts and season with salt and pepper. Saute on each side until sealed (approx 2-3 minutes on each side). Stand back and carefully pour over 200ml of hot water - cover immediately with a lid or tin foil. Bring to a simmer and cook for 10 minutes, or until the chicken is cooked through.

Once the chicken is cooked, drain off the liquid. Transfer the chicken to a plate or board and use two forks to shred and pull apart the chicken then set it aside.

3) Cook the noodles

Place the noodles in a pot of boiling water and cook for 3-4 (?) minutes, then drain, rinse well with cool water, and set aside.

4) Prepare the vegetables

Peel the carrot. Cut the cucumber and spring onions into very thin matchsticks. Use a peeler to peel the remaining carrot into ribbons. Finely chop the fresh coriander. Slice the red chilli lengthways and thinly slice, removing the seeds if you don't like spice.

5) Make the dressing

Combine the remaining soy sauce, peanut butter, maple syrup and Sesame Oil in a bowl. Mix well and then add lime juice to taste.

6) Plate the dish

Combine the vegetables, cooled noodles, and dressing and mix well until combined. Next, add the chicken and gently toss the salad together. Serve in dishes or bowls.



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