

Satay chicken noodle salad



SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Dry noodles	350g	465g	580g
Canola oil	10ml	13ml	17ml
Sesame oil	10ml	13ml	17ml
Coconut cream	90ml	120ml	150ml
Peanut butter, smooth	50g	67g	83g
Lemon juice	50ml	67ml	83ml
Soy sauce	15ml	20ml	25ml
Sweet chilli sauce	25g	33g	42g
Coriander, fresh	10g	13g	17g
Mint, fresh	8g	10g	13g
Coleslaw mix, dry	200g	265g	335g
Carrot, grated	150g	200g	250g
Chicken, cooked and sliced	325g	435g	540g

Directions

1. Bring a large pot of water to a boil.
2. Cook noodles according to packet instructions.
3. Drain and rinse the noodles under cold water to cool.
4. Place noodles in a large container and mix through the canola and sesame oil to prevent sticking.
5. In a mixing bowl combine coconut cream, peanut butter, lemon juice, soy sauce and sweet chilli sauce to make dressing.
6. Pour dressing over noodles and mix through.
7. Finely chop coriander and mint, then add to noodles.
8. Add coleslaw mix, grated carrot and chicken to noodles and mix thoroughly.



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Special diet substitution ideas

Vegetarian:

- Replace chicken with tofu, serve 20g more per serving.

Vegan:

- Replace chicken with tofu, serve 20g more per serving. Use egg-free noodles.

Halal:

- Make sure chicken is halal certified.

Egg:

- Use egg-free noodles.

Peanuts:

- Omit peanut butter.

Sesame:

- Omit sesame oil.

Soy:

- Replace soy sauce with coconut aminos.

Gluten (wheat):

- Use gluten free noodles. Use gluten-free soy sauce.

Portioning guidance

Weigh or measure reference plates for each meal size to visually guide your portioning.

	YRS 0-3	YRS 4-8	YRS 9+
Per portion	Serve about 191g	Serve about 254g	Serve about 318g

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	191g	254g	318g
Vegetables (g)	37g	49g	61g
Protein food (g)	33g	43g	54g
Grain food and starchy vegetables (g)	96g	128g	160g

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Highmark noodles egg round	1kg
Value canola oil	3L
Check sesame oil blended	5L
Pams coconut cream	400ml
Pams peanut butter smooth	1kg
Grove lemon juice	1L
Lee Kum Kee sauce soy premium	1.75L
Gilmours sauce chilli sweet	5L
Fresh coriander	500g
Gilmours fresh mint	100g
Fresh To Go dry coleslaw	2kg
Fresh Connection carrot grated	1kg
Tegel chicken shredded classic roast	1kg

Allergens



egg, peanuts, sesame, soy, gluten (wheat).

***Disclaimer:** Check ingredient labels for specific allergens as products can change without notice and 'may contain' allergens not listed here.*

Tips



- The coleslaw mix can be substituted for any other shredded green leafy vegetable available.
- Use any cooked shredded meat instead of chicken.