



Asian Noodle Salad with Sautéed Chicken Strips



30 Min.



with meat

Zutaten 4 Personen

250 g	chicken breast fillet
1 tbsp	sesame oil or sunflower oil
some	salt and pepper
1 package(s)	Petrella spring onions (125 g)
250 g	mie noodles
2	carrot(s)
1	red bell pepper(s)
300 g	chinese cabbage, finely chopped

for the dressing:

2 tbsp	sesame oil or sunflower oil
2 tbsp	apple cider vinegar or rice vinegar
2 tbsp	soy sauce
1 tsp	brown sugar
some	salt and pepper
1 tbsp	mixed sesame seeds (toasted)

Petrella Produkte



Petrella spring onion



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So wird's gemacht

1. Cut the chicken into thin strips, sauté in a pan or wok in hot oil, and season with salt and pepper.
2. Stir in the Petrella spring onions and let cool.
3. Pour boiling water over the mie noodles according to the package instructions, let stand for about 4–6 minutes, drain, and let cool.
4. Peel the carrot(s) and cut into very thin strips.
5. Wash the bell pepper, remove the seeds, and cut into thin strips.
6. Mix the carrot(s), bell pepper, and Chinese cabbage in a bowl.
7. Briefly heat the dressing ingredients in a small saucepan until the sugar dissolves.
8. Combine the vegetables and Mie noodles, toss with the dressing, and let sit briefly.
9. Finally, mix in the chicken and sprinkle with sesame seeds.