

# CHICKEN SATAY WITH NOODLES AND PINEAPPLE

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2 persons / 586 kcal per person

## Ingredients

- ½ red pepper
- 1 clove of garlic
- 200 grams of sliced pointed cabbage
- 140 grams of fresh pineapple chunks
- 160 grams of marinated chicken satay cubes
- 70 grams Javanese satay sauce Conimex
- 125 grams of noodles
- ½ tablespoon of oil
- ½ teaspoon of curry powder
- 7 grams of coriander Darégal (frozen)
- pepper and salt



## Preparation:

Thread satay on a skewer. Preheat the contact grill or grill plate to the highest setting on the grill plate. Halve the red pepper and remove the seeds. Cut the pepper into small bows. Finely chop the garlic. Drain pineapple and cut into smaller pieces. Brown the satay all over in 6-8 minutes and grill until tender. Heat satay sauce according to package directions. In the meantime, cook noodles according to package directions. Heat oil in a wok. Stir fry red pepper, garlic, cabbage and pineapple with curry powder for 4 minutes. Toss in rice noodles and coriander. Add salt and pepper to taste. Divide noodles over 2 plates. Place satay on top. Pour sauce over it.

## Nutritional value per portion:

Energy:	586 kcal
Protein:	29.0 grams
Carbohydrates:	81.1 grams
- including sugars:	23.0 grams
Fat:	15.4 grams
Fiber:	7.1 grams
Salt:	3.0 grams