



Sesame Chicken Noodles

with green beans and chilli pepper

Quick Cook 20 – 25 mins • Optional spice

18



Diced Chicken Breast



Onion



Green Beans



Chilli



Scallion



Garlic



Sesame Seeds



Teriyaki Sauce



Egg Noodles



Sweet Asian Sauce



Sesame Oil

Pantry Items: Oil, Salt, Pepper, Water



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pot with lid, sieve

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Onion	1 unit	2 units
Green Beans	150 g	300 g
Chilli	1 unit	2 units
Scallion	1 unit	2 units
Garlic	2 units	4 units
Sesame Seeds	1 sachet	2 sachets
Teriyaki Sauce	1 sachet	2 sachets
Egg Noodles	150 g	300 g
Sweet Asian Sauce	2 sachets	4 sachets
Sesame Oil	20 ml	40 ml

Nutrition

	Per serving	Per 100g
for uncooked ingredients	510 g	100 g
Energy (kJ/kcal)	3518.7 kJ/ 841 kcal	689.9 kJ/ 164.9 kcal
Fat (g)	23.1 g	4.5 g
Sat. Fat (g)	3.2 g	0.6 g
Carbohydrate (g)	111.6 g	21.9 g
Sugars (g)	46.9 g	9.2 g
Protein (g)	47.8 g	9.4 g
Salt (g)	6.4 g	1.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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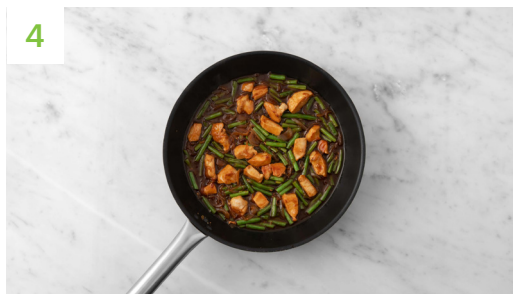
You can recycle me!



Cook the Noodles

- Boil a large pot of **salted water** for the **noodles**.
- When the **water** is boiling, add the **noodles** and cook until softened, 4-6 mins.
- Drain in a sieve then return to the pot, off the heat.
- Add a splash of **oil** and toss to prevent sticking. Cover to keep warm.

TIP: If you're in a hurry you can boil the water in your kettle.



Make the Sauce

- Add the **sesame oil**, **onion** and **green beans** to the pan. Cook until softened, 3-4 mins.
- Add the **garlic** and **half** the **chilli** and cook until fragrant, 1 min.
- Pour in the **teriyaki sauce**, **sweet Asian sauce** and 50ml **water** (double for 4p). Mix well.
- Simmer until the sauce is sticky and the **chicken** is cooked through, 2-3 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.

TIP: Loosen the sauce with a splash of water if necessary.



Get Prepped

- Halve, peel and thinly slice the **onion**.
- Trim the **green beans** and cut into thirds.
- Thinly slice the **chilli**.
- Trim the **scallion** and thinly slice.
- Peel and grate the **garlic** (or use a garlic press).



Finishing Touches

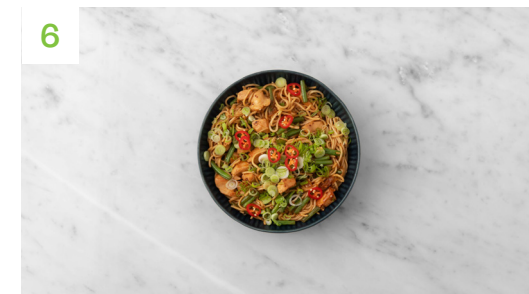
- Season the sauce to taste with **salt** and **pepper**.
- Add the **sesame seeds** and **noodles**.
- Mix well and allow to warm through.



Fry the Chicken

- Place a large pan over medium heat (no oil).
- Once hot, dry-fry the **sesame seeds** until lightly toasted, 2-3 mins. Transfer to a bowl.
- Return the pan to medium-high heat with a drizzle of **oil**.
- When hot, fry the **chicken** until golden, 4-5 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to the packaging used to keep it fresh.



Garnish and Serve

- Divide the sesame **chicken noodles** between bowls.
- Finish with a sprinkling of **scallion** and remaining **chilli** (use less if you don't like spice).

Enjoy!