



Sesame Chicken Noodles

with green beans and chilli pepper

Calorie Smart Quick Cook 20-25 mins • Optional spice

12



Diced Chicken Breast



Green Beans



Chilli



Scallion



Garlic



Sesame Seeds



Teriyaki Sauce



Udon Noodles



Onion

Pantry Items: Oil, Salt, Pepper, Water

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

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Green Beans	150 g	300 g
Chilli	1 unit	2 units
Scallion	1 unit	2 units
Garlic	1 unit	2 units
Sesame Seeds	1 sachet	2 sachets
Teriyaki Sauce	1 sachet	2 sachets
Udon Noodles	300 g	600 g
Onion	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	480 g	100 g
Energy (kJ/kcal)	2199.5 kJ/ 525.7 kcal	458.2 kJ/ 109.5 kcal
Fat (g)	9.8 g	2 g
Sat. Fat (g)	1.6 g	0.3 g
Carbohydrate (g)	69.1 g	14.4 g
Sugars (g)	17.1 g	3.6 g
Protein (g)	40.9 g	8.5 g
Salt (g)	3.2 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

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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).



Finish and Serve

- Stir the **sesame seeds** through the dish.
- Season with **salt** and **pepper** to taste.
- Divide the sesame **chicken noodles** between bowls.
- Finish with a sprinkling of **chilli** (use less if you don't like spice) and **scallion**.

Enjoy!



Fry the Chicken

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

TIP: Keep an eye on the sesame seeds—they burn easily!



Make the Sauce

- Add the **onion** and **green beans** to the pan. Cook until softened, 3-4 mins.
- Add the **garlic** and cook for 1 min.
- Add the **teriyaki sauce** with 75ml **water** (double for 4p).
- Mix well and 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.
- Gently separate the **noodles** and toss in the sauce until warmed, 1-2 mins.

TIP: If the sauce is too thick add a splash of water.