



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



Egg 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, pot with lid, sieve

Ingredients

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

Nutrition

	Per serving	Per 100g
for uncooked ingredients	422.5 g	100 g
Energy (kJ/kcal)	2531.3 kJ/ 605 kcal	599.1 kJ/ 143.2 kcal
Fat (g)	12 g	2.8 g
Sat. Fat (g)	1.5 g	0.4 g
Carbohydrate (g)	80.6 g	19.1 g
Sugars (g)	17.9 g	4.2 g
Protein (g)	45.5 g	10.8 g
Salt (g)	3.2 g	0.8 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.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.

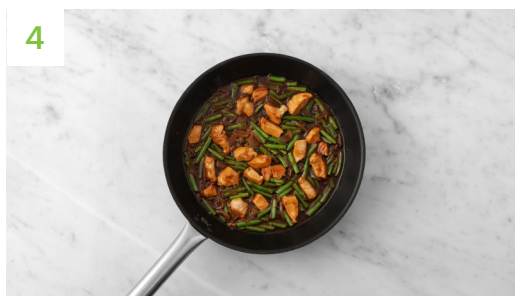


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Get Prepped

- Boil a large pot of **salted water** for the **egg noodles**.
- 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).



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** along with 75ml **water** (double for 4p) and 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.



Cook 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 and set aside.

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



Finishing Touches

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

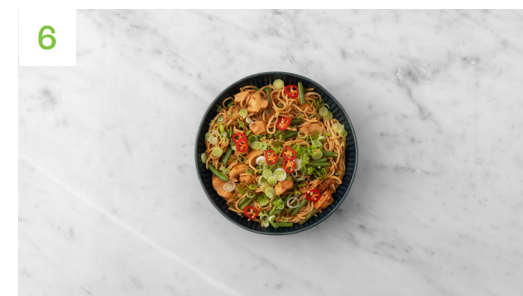
TIP: *Loosen the sauce with a splash of water if you feel it's too thick.*



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 vacuum packing we use to keep it fresh.*



Garnish and Serve

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

Enjoy!