



# Soy and Sesame Chicken Noodles

with stir-fried courgette and onion

Family 30-40 mins

4



Diced Chicken Breast



Garlic



Courgette



Onion



Udon Noodles



Sesame Seeds



Breadcrumbs



Soy Sauce



Ginger

Pantry Items: Egg, Flour, Oil, Salt, Pepper, Sugar, 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

Baking sheet with baking paper, grater

## Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Garlic	2 units	4 units
Courgette	1 unit	2 units
Onion	1 unit	2 units
Udon Noodles	300 g	600 g
Sesame Seeds	1 sachet	2 sachets
Breadcrumbs	1 pack	1 pack
Soy Sauce	1 sachet	2 sachets
Ginger	1 unit	2 unit

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	487.5 g	100 g
Energy (kJ/kcal)	2100.7 kJ/ 502.1 kcal	430.9 kJ/ 103 kcal
Fat (g)	8.2 g	1.7 g
Sat. Fat (g)	1.6 g	0.3 g
Carbohydrate (g)	63.6 g	13.1 g
Sugars (g)	5.4 g	1.1 g
Protein (g)	42 g	8.6 g
Salt (g)	2.7 g	0.6 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

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

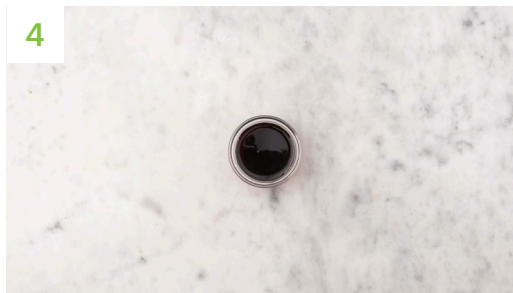


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## Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Peel and grate the **garlic**.
- Peel and grate the **ginger**. Use a teaspoon to easily scrape away the **ginger's** peel.
- Trim the **courgette** and slice into 1cm rounds.
- Halve, peel and thinly slice the **onion**.



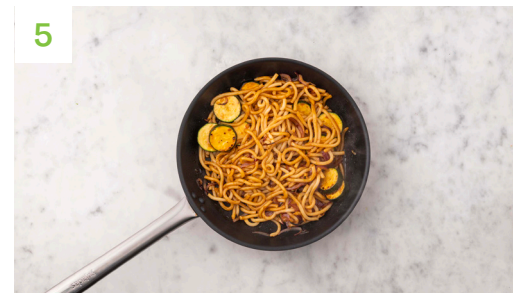
## Make the Sauce

- To a small bowl add the **soy sauce** and ½ tsp **sugar** (double for 4p).
- Stir well to combine.



## Bread the Chicken

- In a medium bowl, mix 3 tbsp **flour** (double for 4p) with a pinch of **salt**.
- In another bowl, carefully beat one **egg** (double for 4p).
- To a third bowl, add **breadcrumbs**, **sesame seeds**, **salt** and **pepper**.
- Toss the **chicken** in the **flour**, making sure it's well coated.
- Next, toss it in the **egg** mixture and finally in the sesame **breadcrumbs**. **IMPORTANT**: Wash your hands and equipment after handling raw chicken and its packaging.



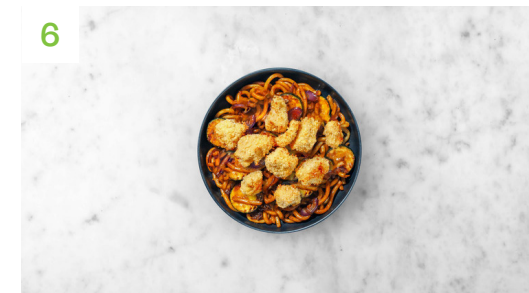
## Coat the Noodles

- Place a pan over high heat with a drizzle of **oil**.
- When hot, add the **courgette**, **onion**, **ginger** and **garlic**.
- Season with **salt** and **pepper** and fry until soft, 8-10 mins, stirring occasionally.
- Add the **soy sauce** along with 50ml **water** (double for 4p).
- Carefully break the **noodles** apart then add to the pan and stir-fry until warmed through, 1-2 mins.



## Cook the Chicken

- Arrange **chicken** in a single layer on a lined baking tray.
- Drizzle over 1 tbsp **oil** (double for 4p).
- Bake on the top shelf of the oven until **chicken** is cooked through and crispy, 16-20 mins. **IMPORTANT**: The chicken is cooked when no longer pink in the middle.



## Finish and Serve

- Divide your saucy **noodles** between plates or bowls.
- Place the cooked **chicken** over the **noodles**.

**Enjoy!**