



Sticky Hoisin Chicken with roasted broccoli and noodles

Family 45-50 mins

5



Diced Chicken Breast



Garlic



Onion



Broccoli



Hoisin Sauce



Udon Noodles



Sesame Seeds



Soy Sauce

Pantry Items: Water, Oil, Salt, Pepper

Before you start

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

Cooking tools you will need

Grater, Baking Sheet with Baking Paper, Colander

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Garlic	1 unit	2 units
Onion	1 unit	2 units
Broccoli	½ unit	1 unit
Hoisin Sauce	2 sachets	4 sachets
Udon Noodles	300 g	600 g
Sesame Seeds	1 sachet	2 sachets
Soy Sauce	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	517.5 g	100 g
Energy (kJ/kcal)	2805.8 kJ/ 670.6 kcal	542.2 kJ/ 129.6 kcal
Fat (g)	24.8 g	4.8 g
Sat. Fat (g)	6 g	1.2 g
Carbohydrate (g)	60.9 g	11.8 g
Sugars (g)	10.5 g	2 g
Protein (g)	49.4 g	9.5 g
Salt (g)	4.6 g	0.9 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.

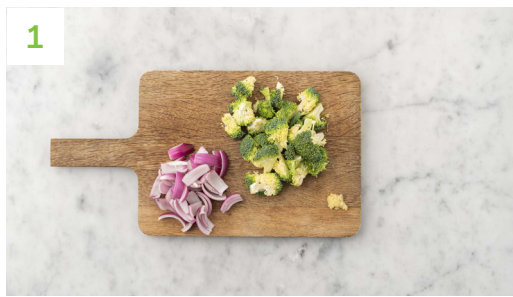
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Prep Your Veg

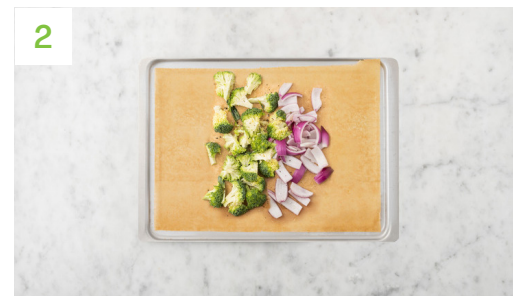
- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Peel and grate the **garlic** (or use a garlic press).
- Halve, peel and chop the **onion** into wedges.
- Cut half the **broccoli** (double for 4p) into florets (like small trees). Halve any large florets.



Toast the Sesame Seeds

- Meanwhile, place a large pan on medium heat (no oil).
- Once hot, add the **sesame seeds** and lightly toast, stirring regularly, 2-3 mins.
- Once toasted, transfer to a small bowl and set aside.

TIP: Watch them like a hawk as they can burn easily.



Roast the Veg

- Pop the chopped **broccoli** and **onion** onto a large (lined) baking tray.
- Drizzle with **oil**.
- Season with **salt** and **pepper** and toss to coat.
- When the oven is hot, roast on the middle shelf until veg is tender, 18-20 mins.



Glaze the Chicken

- Return the pan to medium-high heat with a drizzle of **oil**.
- Add the **chicken**. Season with **salt** and **pepper**.
- Fry until golden and cooked through, 8-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.
- Add **hoisin sauce**, **soy sauce**, **garlic** and 50ml **water** (double for 4p).
- Lower heat and simmer until thickened, 2-3 mins.

TIP: Add a little water if needed.



Cook the Noodles

- Boil a large pot of **water** for the **udon noodles**.
- Add the **noodles** then lower heat to medium-high and cook until warmed through, 1-2 mins.
- Once cooked, drain in a colander and pop back in the pot.
- Drizzle with **oil** and stir through to stop them sticking together.

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



Dish Up

- When everything is ready, divide the **noodles** between your plates.
- Top with the glazed **chicken**, roasted **onion** and **broccoli**.
- Spoon over the remaining **hoisin sauce** from the pan.
- Scatter over the toasted **sesame seeds** to finish.

Enjoy!