



# Sticky Hoisin Chicken Thighs with roasted broccoli and noodles

Family 45-50 mins

5



Chicken Thigh



Onion



Garlic



Udon Noodles



Broccoli



Sesame Seeds



Hoisin Sauce

## Before you start

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

## Cooking tools you will need

Grater, Colander, Baking Sheet with Baking Paper

## Ingredients

	2P	4P
Chicken Thigh	400 g	800 g
Onion	1 unit	2 units
Garlic	1 unit	2 units
Udon Noodles	300 g	600 g
Broccoli	½ unit	1 unit
Sesame Seeds	1 sachet	2 sachets
Hoisin Sauce	2 sachets	4 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	497.5 g	100 g
Energy (kJ/kcal)	2750.6 kJ/ 657.4 kcal	552.9 kJ/ 132.1 kcal
Fat (g)	24.8 g	5 g
Sat. Fat (g)	6 g	1.2 g
Carbohydrate (g)	60.5 g	12.2 g
Sugars (g)	10.5 g	2.1 g
Protein (g)	47.6 g	9.6 g
Salt (g)	1.2 g	0.2 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.

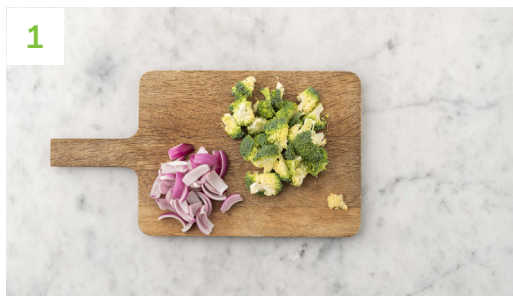
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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



You can recycle me!



### Prep Your Veg

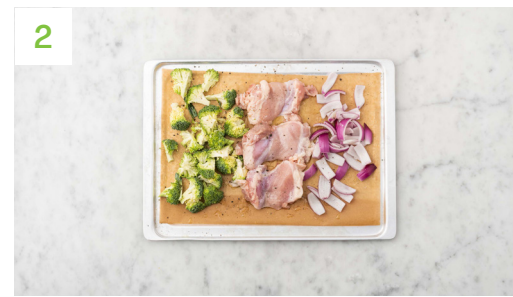
- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **onion** into wedges.
- Cut half the **broccoli** (double for 4p) into florets (like small trees). Halve any large florets.



### Toast the Sesame Seeds

- Meanwhile, place a medium 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 Chicken

- Pop the **chicken**, chopped **broccoli** and **onion** onto a large (lined) baking tray. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Drizzle with **oil**. Season with **salt** and **pepper** and toss to coat.
- When the oven is hot, roast on the middle shelf until the **chicken** is cooked through and veg is tender, 16-18 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



### Glaze the Chicken

- Just before the **chicken** is ready, return your (now empty) pan to medium heat and pour in the **hoisin sauce**, **garlic** and 50ml **water** (double for 4p).
- Bring to a simmer and allow to bubble away until slightly thickened, 2-3 mins.
- When the **chicken** is cooked, transfer the thighs to the pan and turn to coat in the sauce until glossy, 1-2 mins.

**TIP:** Add a splash of water if it's a little dry.



### 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 thighs**, roasted **onion** and **broccoli**.
- Spoon over the remaining **hoisin sauce** from the pan and scatter over the toasted **sesame seeds** to finish.

**Enjoy!**