



Nutty Sesame Chicken

with Mangetout, Peanuts and Noodles

CLASSIC 25 Minutes • Medium Heat • Tastiest if Cooked First



Spring Onion



Ginger



Garlic Clove



Red Chilli



Egg Noodles



Soy Sauce



Honey



Sesame Seeds



Diced Chicken Thigh



Mangetout



Coriander



Salted Peanuts

Before you start

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

Basic cooking tools you will need:

Saucepan, Fine Grater (or Garlic Press), Sieve and Frying Pan

Ingredients

	2P	3P	4P
Spring Onion**	2	3	4
Ginger**	1	1½	2
Garlic Clove**	2	3	4
Red Chilli**	½	¾	1
Egg Noodles 8 13)	2	3	4
Soy Sauce 11 13)	1 sachet	2 sachets	2 sachets
Honey	1 sachet	2 sachets	2 sachets
Sesame Seeds 3)	1 small pot	1 large pot	1 large pot
Diced Chicken Thigh**	280g	420g	560g
Mangetout**	1 pack	1 pack	2 packs
Coriander**	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	1 small bag	1 large bag	2 small bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	368g	100g
Energy (kJ/kcal)	2761/660	750/179
Fat (g)	26	7
Sat. Fat (g)	6	2
Carbohydrate (g)	62	17
Sugars (g)	13	4
Protein (g)	47	13
Salt (g)	3.19	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **3)** Sesame **8)** Egg **11)** Soya **13)** Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Prep

Bring a saucepan of **water** to the boil for the noodles. Meanwhile, trim the **spring onion** then thinly slice. Peel and grate the **ginger** and **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed then finely chop. Add the **noodles** to the boiling **water** along with ½ tsp of **salt** and cook until tender, 4 mins. Drain in a sieve and drizzle some **oil** over the **noodles**, this will stop them from sticking together!



4. Sauce Time

When the **chicken** is cooked through and the **mangetout** are tender, pour the **sauce** you made in step 2 into the pan. Stir together and cook for 1-2 mins, then add the cooked **noodles**. Toss together and cook for until everything is nicely combined and piping hot. Add a splash of **water** if it gets too dry. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



2. Make the Sauce

Meanwhile, pop the **ginger**, **garlic**, **chilli** (use less if you don't like spice!), **soy sauce**, **honey** and **sesame seeds** into a small bowl and mix together.



5. Finish Up

Roughly chop the **coriander** (stalks and all) and roughly chop the **peanuts** (or pop them in a freezer bag and bash them with a frying pan - depending on your mood!).



3. Fry the Chicken

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **diced chicken** to the pan and season with **salt** and **pepper**. Cook until browned, 5-6 mins. **TIP:** If your pan is small, cook the chicken in batches. You want the chicken to fry, not stew! Add the **mangetout** and **half** the **spring onions**. Stir-fry for a further 4-5 mins.



6. Serve

Serve your **noodles** in bowls with a sprinkle of **coriander**, **peanuts** and the remaining **spring onion**. If you have any leftover chopped **chilli**, sprinkle that on too for a bit of a kick...

Enjoy!