



Nutty Sesame Chicken

with Mangetout, Peanuts and Noodles

N° 9

FAMILY Hands On Time: 10 Minutes • Total Time: 25 Minutes • Medium Spice



Spring Onion



Ginger



Garlic Clove



Red Chilli



Egg Noodles



Soy Sauce



Honey



Sesame Seeds



Diced Chicken Thigh



Mange Tout



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, Sieve, Fine Grater, Sieve and Frying Pan.

Ingredients

	2P	3P	4P
Spring Onion**	2	3	4
Ginger**	1 piece	1½ pieces	2 pieces
Garlic Clove**	2 cloves	3 cloves	4 cloves
Red Chilli**	½	¾	1
Egg Noodles 8 13	2 nests	3 nests	4 nests
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
Mange Tout**	1 pack	1 pack	2 packs
Coriander**	1 bunch	1 bunch	1 bunch
Salted Peanuts 1	1 small pot	1 large pot	2 small pots

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	370g	100g
Energy (kJ/kcal)	2774 / 663	750 / 179
Fat (g)	26	7
Sat. Fat (g)	6	2
Carbohydrate (g)	62	17
Sugars (g)	13	3
Protein (g)	47	13
Salt (g)	3.15	0.85

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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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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Packed in the UK



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 for your garlic if you have one). 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 your **chicken** is cooked through and your **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 kick...

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.