



Sticky Sesame Chicken

with Noodles



HELLO SESAME SEEDS

The seed pods burst open when ripe - hence the phrase 'Open Sesame' from Ali Baba!



Spring Onion



Ginger



Garlic Clove



Red Chilli



Green Beans



Egg Noodle Nest



Soy Sauce



Honey



Sesame Seeds



Diced Chicken Thigh



Coriander



Salted Peanuts

MEAL BAG

25 mins

1 of your 5 a day

Medium heat

Cook within 3 Days of Delivery

Honey and soy are two flavours that were made for each other. Sweet, sticky, and with a kick of heat, the delicious sauce in this recipe is guaranteed to take your stir-fry game to new levels of greatness. Quick, easy and bursting with fresh flavours and good-for-you ingredients, this is a great quick-fix recipe if you're a little short on time. Don't forget to slurp those noodles!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Fine Grater, Sieve** and **Frying Pan**. Now, let's get cooking!



1 PREP Put a large saucepan of water with a pinch of **salt** on to boil for the noodles. Meanwhile, trim the **spring onion** and then thinly slice. Peel and grate the **ginger** and **garlic** (or use a garlic press). Halve the **red chilli** lengthways, deseed and finely chop. Trim the **green beans** then chop into thirds. Add the **noodles** to the boiling **water** and cook for 4 mins. Drain in a sieve.



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.



3 FRY THE CHICKEN Pop a frying pan on medium-high heat with a drizzle of **oil**. Add the **diced chicken** to the hot pan with a pinch of **salt** and **pepper** and cook until browned, 5 mins. **★TIP:** *If your pan is small, cook the chicken in batches. You want the chicken to fry, not stew!* Add the **green beans** and **half** the **spring onion**. Stir-fry for a further 5 mins.



4 COMBINE When your **chicken** is cooked through and your **beans** are tender, pour the **sauce** you made in step 2 into the pan. **❗ IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.* Stir together and cook for 1-2 mins, then add the cooked **noodles**. Toss together and cook for another minute until everything is nicely combined and piping hot.



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!).



6 SERVE Serve your **noodles** and **chicken** in bowls with the a sprinkling 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!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Spring Onion	2	3	4
Ginger	1 piece	2 pieces	2 pieces
Garlic Clove	2	3	4
Red Chilli	½	¾	1
Green Beans	1 small pack	1 large pack	2 small packs
Egg Noodle Nests 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 small pot	1 large pot
Diced Chicken Thigh	350g	420g	560g
Coriander	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	1 small bag	1 large bag	2 small bags

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 406G	PER 100G
Energy (kcal)	739	182
(kJ)	3092	763
Fat (g)	27	7
Sat. Fat (g)	6	1
Carbohydrate (g)	60	15
Sugars (g)	15	4
Protein (g)	65	16
Salt (g)	3.04	0.75

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.

👍 THUMBS UP OR THUMBS DOWN?

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