






More Than Food
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Asian Chicken Skewers with Egg Noodles and Carrot Ribbons

Happy Chinese New Year everyone! We had to make this dish to honour the occasion. Chinese New Year is all about sweeping away the bad luck of the year before and making way for a whole lot of new luck. So, as the Cantonese would say “Gong Hey Fat Choy” – we’re wishing you lots of luck (and delicious food)!



40 mins



spicy



lactose free



healthy



Wooden Skewers (4)



Red Pepper (1)



Chicken Thigh (4)



Rice Wine Vinegar (1 tbsp)



Soy Sauce (1½ tbsp)



Muscovado Sugar (1 tbsp)



Chilli Ketchup (1 tbsp)



Ginger (1 tbsp)



Garlic Clove (1)



Spring Onion (3)



Egg Noodles (1-2 nests)




Carrot (2)



Lime (½)

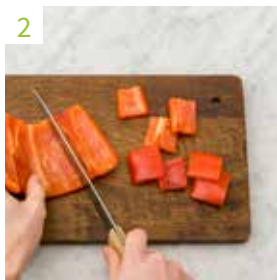
Ingredients

	2 PEOPLE	ALLERGENS
Wooden Skewers	4	
Red Pepper, chopped	1	
Chicken Thigh	4	
Rice Wine Vinegar	1 tbsp	
Soy Sauce	1½ tbsp	Soya, Gluten
Muscovado Sugar	1 tbsp	
Chilli Ketchup	1 tbsp	
Ginger, chopped	1 tbsp	
Garlic Clove, chopped	1	
Spring Onion, sliced	3	
Egg Noodles	1-2 nests	Egg, Gluten
Carrot, ribbons	2	
Lime	½	

 Our fruit and veggies come fresh from the farm so give them a little wash before using

Nutrition per serving: Calories: 514 kcal | Protein: 37 g | Carbs: 78 g | Fat: 7 g | Saturated Fat: 2 g

2



1 Soak your wooden skewers in water until you need them, to stop them burning in the oven. Pre-heat your oven to 200 degrees.

Tip: *The chicken is cooked when no longer pink in the middle.*

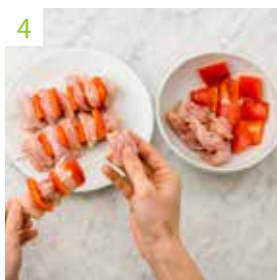
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2 Remove the core from your pepper and chop into roughly 3cm pieces. Chop your chicken into 3cm pieces too. Put your pepper and chicken in a bowl. Mix together your rice vinegar, soy sauce, sugar and chilli ketchup along with 1 tsp of water. Add this to the chicken and pepper, mix around so they have a good coating and leave to the side.

5 Add your noodles to the boiling water and cook for 4 mins or until cooked. Then drain and submerge in cold water to prevent them cooking any further. **Tip:** *We will stir-fry these later.*

4



3 Bring a pot of water to the boil. Peel and finely chop your ginger. **Tip:** *You can peel your ginger with the back of a spoon!* Peel and chop your garlic clove. Finely slice your spring onions, separating chopped green tops and white bits.

6 In the meantime, you need to make your carrots into ribbons: pull a vegetable peeler lengthways along the carrot. This will make lovely thin ribbons (if you use a knife they will be too thick).

6



4 Thread your chicken and pepper pieces onto the wooden skewers, alternating chicken and red pepper (if you don't have exactly the right ratio of chicken to pepper pieces it doesn't matter!). Then put the skewers on a baking tray. Put them in the oven to cook for 15 mins, turn them over halfway through cooking.

7 Add 2 tbsp of oil to a large frying pan, add your ginger, garlic and whites of your spring onions to the pan and cook for 3 mins before adding your carrot ribbons. Stir-fry for another 4 mins before adding any leftover soy mixture. Toss everything together then drain your noodles and add them to the pan, stir-fry for another couple of mins. Make sure everything is well combined, then serve in bowls with your skewers on top and some lime wedges on the side to squeeze over. Sprinkle the greens of your spring onion and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!