



Lemon Chicken Noodles

with Roasted Sesame Seeds and Green Beans

Make Kid Friendly 20-25 Minutes • 1 of your 5 a day

12



Garlic Clove



Lemon



Green Beans



Diced Chicken Breast



Cornflour



Egg Noodle Nest



Ginger Puree



Soy Sauce



Honey



Roasted White Sesame Seeds

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, fine grater, bowl, frying pan, saucepan and sieve.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Lemon**	1	1	1
Green Beans**	150g	200g	200g
Diced Chicken Breast**	240g	390g	520g
Cornflour	10g	15g	20g
Egg Noodle Nest 8 13)	125g	187g	250g
Ginger Puree	15g	22g	30g
Soy Sauce 11 13)	25ml	40ml	50ml
Honey	30g	45g	60g
Roasted White Sesame Seeds 3)	5g	7g	10g
Pantry	2P	3P	4P
Water for the Sauce*	125ml	175ml	250ml
Butter*	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	443g	100g
Energy (kJ/kcal)	2373 /567	536 /128
Fat (g)	9.6	2.2
Sat. Fat (g)	4.1	0.9
Carbohydrate (g)	74.9	16.9
Sugars (g)	18.3	4.1
Protein (g)	44.9	10.1
Salt (g)	4.35	0.98

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **8)** Egg **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

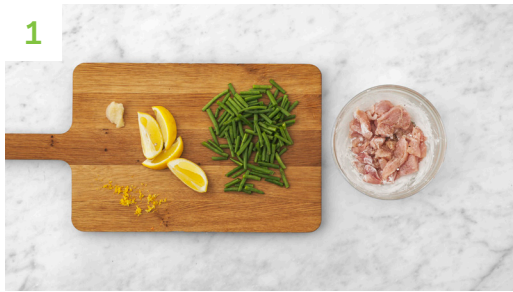
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Get Prepped

- Boil a full kettle.
- While it boils, peel and grate the **garlic** (or use a garlic press). Zest and cut the **lemon** into wedges.
- Trim the **green beans**, then cut into thirds.
- Add the **chicken** to a medium bowl. Add the **cornflour**, season with **salt** and **pepper**, then toss to coat.



Sauce Things Up

- Once the **chicken** has cooked, add the **garlic** and **ginger puree**. Cook for 1 min more.
- Stir in the **soy sauce**, **water for the sauce** (see pantry for amount) and **half the lemon zest**. Cook until the **sauce** has thickened, 2-3 mins.



Fry the Chicken

- Heat a drizzle of **oil** in a large frying pan on a medium-high heat.
- Once hot, add the **diced chicken** to the pan. Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



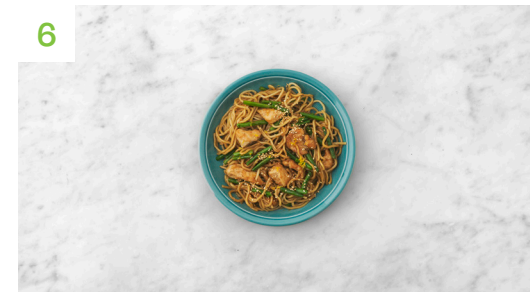
Simply the Zest

- Once thickened, add a squeeze of **lemon juice** from a **lemon wedge** to the **sauce**.
- Stir in the **cooked noodles**, **green beans**, **honey** and **butter** (see pantry for amount), then mix until well-coated. **TIP:** If your honey has hardened, pop in a bowl of hot water for 1 min.
- Taste and season with **salt**, **pepper** and more **lemon juice** if needed. Add a splash of **water** if it's a little too thick.



Noodle Time

- In the meantime, pour the **boiled water** into a large saucepan with $\frac{1}{2}$ **tsp salt** on high heat.
- Add the **noodles** and **green beans** to the **water**. Cook until tender, 4-5 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Serve Up

- Share your **lemon chicken noodles** between your bowls.
- Sprinkle over the **roasted sesame seeds** and any remaining **lemon zest**.

Enjoy!

Making this kid friendly? Serve the sesame in a little bowl for optional sprinkling.