



Asian Style Chicken Dinner to Asian Style Chicken Rice Bowl

33

Dinner to Lunch 30 Minutes • Little Spice • 1 of your 5 a day

Dinner



Lunch



Egg Noodle Nest



Diced Chicken Breast



Cornflour



Thai Style Spice Blend



Bell Pepper



Spring Onion



Coriander



Lime



Ketjap Manis



Rice Vinegar



Honey



Coconut Chilli
Lemongrass Steamed
Basmati Rice



Salted Peanuts

Before you start Cooking tools, you will need:

Saucepan, Sieve, Frying Pan, Bowl, Container.

Ingredients

	2P	3P	4P
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Diced Chicken Breast**	560g	840g	1120g
Cornflour	10g	15g	20g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Bell Pepper***	2	2	3
Spring Onion**	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1	1	1
Ketjap Manis 11)	4 sachets	5 sachets	6 sachets
Rice Vinegar	2 sachets	3 sachets	3 sachets
Honey	2 sachets	3 sachets	3 sachets
Coconut Chilli			
Lemongrass Steamed	1 pouch	1 pouch	1 pouch
Basmati Rice 9)			
Salted Peanuts 1)	25g	25g	25g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Dinner	Per serving	Per 100g
for uncooked ingredient	361g	100g
Energy (kJ/kcal)	1546/372	486/116
Fat (g)	2	2
Sat. Fat (g)	1	1
Carbohydrate (g)	48	14
Sugars (g)	26	7
Protein (g)	38	10
Salt (g)	1.16	0.36

Lunch	Per serving	Per 100g
for uncooked ingredient	436g	100g
Energy (kJ/kcal)	2335/558	536/128
Fat (g)	16	4
Sat. Fat (g)	6	1
Carbohydrate (g)	62	14
Sugars (g)	27	6
Protein (g)	42	10
Salt (g)	1.65	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 3) Sesame 8) Egg 9) Mustard 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Cook the Noodles

Bring a saucepan of **water** up to the boil with $\frac{1}{4}$ **tsp salt** for the **noodles**. When boiling, add the **noodles** and cook until tender, 4 mins. Drain in a sieve. **TIP:** Run the noodles under cold water to stop them sticking together.



Make the Sauce

In a bowl, mix together the **ketjap manis**, **rice vinegar** and **honey**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Squeeze in the **lime juice**. Once the **pepper** has softened, add the **spring onions** to the pan then pour in the **sauce**. Bring to a simmer until thickened, 2 mins.



Brown the Chicken

Meanwhile, heat a splash of **oil** in a large frying pan on high heat. Pop the **diced chicken breast** into a bowl with the **cornflour** and **Thai style spice blend** (use less if you don't like heat) and mix to combine. Pop the **chicken** into the hot pan and cook until browned, 6-7 mins, stirring occasionally. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging. The chicken is cooked when it is no longer pink in the middle.



Finish Off

Stir **half** of the **coriander** into the **chicken**. Transfer 2 portions of the **chicken** to a bowl and set aside to cool (this will be for your lunch). Add the **noodles** to the **chicken mixture** in the pan, stir to coat. **TIP:** Add a splash more water if dry. Cook until piping hot, 1-2 mins. Share the **noodles** between your bowls and finish with a sprinkle of remaining **coriander**.

Enjoy!



Prep Time

While the **chicken** is cooking, halve the **pepper** and remove the core and seeds. Slice into thin strips. Trim and thinly slice the **spring onions**. Roughly chop the **coriander** (stalks and all). Halve the **lime**. Once the **chicken** has browned, add the **pepper** to the pan and cook until softened, 5-6 mins, stirring every couple of mins.



Make Your Lunch

When you've finished your dinner and the **chicken** in the bowl has cooled, squeeze the **rice pouch** to break up the **rice** and divide between your lunch containers. Divide the **reserved chicken** between each container and top with the **peanuts**. Refrigerate, then reheat in the microwave until piping hot or eat straight from the fridge.

Enjoy!