



CRISPY-SKINNED CHICKEN

with Asian-Style Pesto & Noodles



HELLO SWEETHEART CABBAGE

Sweetheart Cabbage is also referred to as a sugarloaf with a milder flavour and tender texture.



Lime



Chicken Breast (Skin-on)



Egg Noodles



Ginger



Garlic Clove



Sweetheart Cabbage



Coriander



Salted Peanuts



Soy Sauce



Ketjap Manis

MEAL BAG



Hands on: **15** mins
Total: **35** mins



1 of your
5 a day



Family Box

Pesto is one of those wonderful things that lends itself to infinite variation. The traditional way is great but there's no reason you can't mix things up occasionally. Mimi has come up with a fabulous Asian-inspired version that swaps basil and pine nuts for coriander and peanuts. It goes beautifully with crispy-skinned chicken atop stir-fried cabbage and noodles.

10

BEFORE YOU START

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



1 PREP THE CHICKEN

Preheat your oven to 200°C and put a large saucepan of **water** on to boil for the noodles. Heat a frying pan on medium-high heat. Zest the **lime** and cut in half. Put the **chicken** in a mixing bowl with a pinch of **salt** and **pepper** and the **lime zest**. Add a drizzle of **oil** and massage in the seasoning. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



2 COOK THE NOODLES

Lay the **chicken** in the frying pan, skin-side down (no oil), and cook until the skin is crispy, 5 mins. Turn and cook the flesh-side for 1 minute. Meanwhile, add the **noodles** to the pan of boiling **water**. Cook until tender, 4-5 mins. Drain in a sieve then refill the pan with **cold water** and submerge the **noodles**. Set aside.



3 ROAST THE CHICKEN

Once the **chicken** is crispy transfer it, skin-side up, to a lined baking tray. Roast on the top shelf of your oven, 15-20 mins. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. When cooked, cover with foil and leave to one side to rest. Don't wash your frying pan!



4 MAKE THE DRESSING

Meanwhile, peel and grate the **ginger** and **garlic** (or use a garlic press). Halve the **cabbage** lengthways, remove the root and thinly slice widthways. (Check the ingredient list for the exact amount!) Finely chop the **coriander** (stalks and all). Make a small hole in the **peanut** bag and smash them into small pieces with a rolling pin. Squeeze the **lime juice** into a small bowl and mix in the **coriander**, **peanuts**, **soy sauce** and **ketjap manis**.



5 STIR-FRY THE CABBAGE

Heat a drizzle of **oil** in your now empty frying pan on medium heat. Add the **ginger** and **garlic**, stir and cook for 1 minute. Add the **cabbage**. Season with a pinch of **salt** and **pepper**. Stir together and stir-fry until softened, 5 mins. Drain the **noodles** again in the sieve and add them to the pan. Stir together and cook until piping hot, 3-4 mins. Remove from the heat and add **three-quarters** of the **dressing**. Toss to coat.



6 FINISH AND SERVE

Cut the **chicken** into thin slices. Serve the **cabbage and noodles** in bowls with the **chicken** arranged on top. Finish with a drizzle of the remaining **Asian style pesto dressing**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Lime *	1	1½	2
Chicken Breast, (skin-on) *	2	3	4
Egg Noodles 8) 13)	2 nests	3 nests	4 nests
Ginger *	1 piece	1½ pieces	2 pieces
Garlic Clove *	1	2	2
Sweetheart Cabbage *	½	¾	1
Coriander *	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	40g	65g	80g
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Ketjap Manis 11) 13)	1 sachet	1½ sachets	2 sachets

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 474G	PER 100G
Energy (KJ/ kcal)	2989/ 715	631/ 151
Fat (g)	25	5
Sat. Fat (g)	6	1
Carbohydrate (g)	66	14
Sugars (g)	18	4
Protein (g)	53	11
Salt (g)	3.79	0.80

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 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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