



Crispy-Skinned Chicken

with Asian Pesto Dressing, Stir-Fried Cabbage & Noodles



HELLO KETJAP MANIS

This Indonesian version of soy sauce is what our westernised ketchup originated from.



Lime



Chicken Breast



Egg Noodle Nest



Ginger



Garlic Clove



Sweetheart Cabbage



Coriander



Peanuts



Soy Sauce



Ketjap Manis

35 mins

1.5 of your 5 a day

Little Heat

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 a noodle nest!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **200°C** and put a **Large Saucepan** of water with a pinch of salt on to boil for the noodles. Make sure you've also got a **Frying Pan**, **Fine Grater**, some **Kitchen Paper**, a **Mixing Bowl**, **Sieve**, **Baking Tray** and some **Foil**. Now, let's get cooking!



1 PREP THE CHICKEN

Put a splash of **oil** in a frying pan on medium-high heat. While the pan is getting hot, grate the **lime zest**. Pat the **chicken** with kitchen paper then put in a mixing bowl with a pinch of **salt**, a large grind of **black pepper** and the **lime zest**. Add a drizzle of **oil** and massage in the **seasoning**. Lay the **chicken** in the pan, skin-side down, and cook until the skin is crispy, 5 mins. Turn and cook the flesh side for 1 minute.



4 MAKE THE DRESSING

Finely chop the **coriander** (stalks and all). Chop the **peanuts**. Get the pieces as small as you can. Squeeze the **lime juice** into a bowl and add the **coriander**, **peanuts**, **soy sauce** and **ketjap manis**. Stir to combine and set aside.



2 ROAST THE CHICKEN

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



5 COOK THE CABBAGE

Put a drizzle of **oil** in your (now empty) frying pan on medium heat. Add the **ginger** and **garlic** and cook for 1 minute. Then add the **cabbage**. Season with a pinch of **salt** and some **black pepper** and cook until softened, 5 mins. Drain the **noodles** and add them to your 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.



3 PREP THE VEGGIES

While the **chicken** is cooking, peel and grate the **ginger** and **garlic** (or use a garlic press). Cut the **sweetheart cabbage** in half lengthways, remove the core and thinly slice widthways.



6 FINISH AND SERVE

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

2 PEOPLE INGREDIENTS

Lime	1
Chicken Breast	2
Egg Noodle Nest ¹ ³)	2
Ginger, grated	1 knob
Garlic Clove, grated	1
Sweetheart Cabbage, sliced	½
Coriander, chopped	1 bunch
Peanuts, chopped ⁵)	40g
Soy Sauce ¹ ⁶)	1½ tbsps
Ketjap Manis ¹ ⁶)	1½ tbsps

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	658	128
(kJ)	2759	538
Fat (g)	25	5
Sat. Fat (g)	6	1
Carbohydrate (g)	54	10
Sugars (g)	22	4
Protein (g)	51	10
Salt (g)	4.10	0.80

ALLERGENS

¹)Gluten ³)Egg ⁵)Peanuts ⁶)Soya

Soy Sauce Ingredients: Water, Soybeans, Wheat, Salt.

Ketjap Kanis Ingredients: Brown Sugar, Dark Soy Sauce (**Soya**, **Gluten**), Water, Molasses, Tapioca Starch, Garlic Puree, Ginger Puree, Preservative: Potassium Sorbate, Anise Star.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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