



# Nutty Sesame Chicken

with Green Beans, Peanuts and Noodles

Family Eat Me Early Total Time: 25 Minutes • Hands On Time: 10 Minutes

N° 7



Spring Onion



Ginger



Garlic Clove



Egg Noodle Nest



Soy Sauce



Honey



Sesame Seeds



Green Beans



Diced Chicken Thigh



Salted Peanuts

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Garlic Press, Colander, Bowl, Frying Pan, Wooden Spoon.

## Ingredients

	2P	3P	4P
Spring Onion**	1	2	2
Ginger**	1	1	2
Garlic Clove	2	3	4
Egg Noodle Nest <b>8) 13)</b>	2 nests	3 nests	4 nests
Soy Sauce <b>11) 13)</b>	1 sachet	2 sachets	2 sachets
Honey	1 sachet	2 sachets	2 sachets
Sesame Seeds <b>3)</b>	7.5g	12g	15g
Green Beans**	150g	200g	300g
Diced Chicken Thigh**	280g	420g	560g
Salted Peanuts <b>1)</b>	25g	40g	50g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>336g</b>	<b>100g</b>
Energy (kJ/kcal)	1987 /475	591 /141
Fat (g)	23	7
Sat. Fat (g)	5	2
Carbohydrate (g)	28	8
Sugars (g)	7	2
Protein (g)	39	12
Salt (g)	2.04	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**1)** Peanut **3)** Sesame **8)** Egg **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.

## Contact

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HelloFresh UK

Packed in the UK

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## Prep

Bring a saucepan of **water** to the boil for the **noodles**. Meanwhile, trim and thinly slice the **spring onion**. Peel and grate the **ginger** and **garlic** (or use a garlic press for your garlic if you have one). When boiling, add the **noodles** to the **water** and cook until tender, 4 mins. Once cooked, drain in a colander. **TIP:** Run the noodles under cold water to stop them sticking together.



## Sauce Time

When your **chicken** is cooked through and your **green beans** are tender, lower the heat to medium and pour the **sauce** you made in step 2 into the pan. Stir together and cook for 1-2 mins, then add the **cooked noodles**. Toss together and cook until everything is nicely combined and piping hot. Add a splash of **water** if it gets too dry. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Make the Sauce

Meanwhile, pop the **ginger**, **garlic**, **soy sauce**, **honey** and **sesame seeds** into a small bowl and mix together. **TIP:** If your honey has hardened, pop the unopened sachet in a bowl of hot water for 1 min. Trim the **green beans** then halve.



## Finish Up

Roughly chop the **peanuts**.



## Fry the Chicken

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **diced chicken** to the pan and season with **salt** and **pepper**. **IMPORTANT:** Wash your hands after handling chicken and its packaging. Cook until browned, 5-6 mins. **TIP:** If your pan is small, cook the chicken in batches. You want the **chicken** to fry, not stew. Add the **green beans** and **half the spring onion**. Stir-fry for a further 4-5 mins.



## Serve

Serve your **noodles** in bowls with a sprinkle of **peanuts** and the remaining **spring onion**.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.