



# Soy Fried Chicken and Roasted Aubergine

with Sesame Noodles

N° 9

**FAMILY** Hands on Time: 20 Minutes • Total Time: 25 Minutes • Little Heat • 1 of your 5 a day



Aubergine



Garlic Clove



Coriander



Red Chilli



Lemon



Diced Chicken Breast



Tahini Paste



Soy Sauce



Egg Noodle Nest



Honey



## Before you start

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

### Basic cooking tools you will need:

Large Baking Tray, Fine Grater (or Garlic Press), Large Frying Pan, Saucepan and Sieve.

### Ingredients

	2P	3P	4P
Aubergine**	1	1½	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Lemon**	½	1	1
Diced Chicken Breast**	280g	420g	560g
Tahini Paste 3)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Egg Noodle Nest 8) 13)	2	3	4
Honey	1 sachet	1½ sachets	2 sachets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	482g	100g
Energy (kJ/kcal)	2274 / 544	472 / 113
Fat (g)	12	2
Sat. Fat (g)	3	1
Carbohydrate (g)	61	13
Sugars (g)	14	3
Protein (g)	48	10
Salt (g)	2.85	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

3) Sesame 8) Egg 11) Soya 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Get Prepped

Preheat the oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 1cm pieces, pop them on a large baking tray. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Halve the **chilli** lengthways, deseed then finely chop. Cut the **lemon** into wedges.



## 4. Combine

Once the **aubergine** is out of the oven, stir into the pan with the **chicken**. Add the **garlic** and a pinch of **chilli**. Stir and cook for 1 minute, then add the **honey** and remaining **soy sauce**. Stir to coat, then leave over medium-high heat to bubble until sticky and well reduced, 1-2 mins. Remove from the heat.



## 2. Get Cooking

Season the **aubergine** with **salt** and **pepper**. Drizzle with **oil**, toss to coat, then roast on the top shelf of the oven until golden, 20-25 mins. Meanwhile, heat a splash of **oil** in a large frying pan over medium-high heat. Once hot, add the **chicken** and fry, stirring regularly, until cooked and golden all over, 12-15 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. Meanwhile, bring a saucepan of **water** up to the boil with ½ tsp of **salt** in preparation for the noodles.



## 5. Dress the Noodles

Pour the **tahini dressing** all over the **noodles**. Toss to coat, then add the **noodles** and **half** the **coriander** to the pan with the **chicken** and **aubergine**. Toss together to combine.



## 3. Sauce and Noodle Time

Mix the **tahini**, the **water** (see ingredients for amount) and **half** the **soy sauce** together in a small bowl with a fork. Add a squeeze of **lemon** and grind of **pepper**. When the **aubergine** has 5 mins left in the oven, add the **noodles** to the boiling **water** and cook for 4 mins. Once cooked, drain in a sieve, pop back in the pan and drizzle with a little **oil** to stop them from sticking together.



## 6. Dinner Time

Divide the food between your bowls. Sprinkle over the remaining **coriander** and add another pinch of **chilli**.

**Dig in and Enjoy!**