



DINNER - STICKY MISO CHICKEN

LUNCH - THAI CHICKEN NOODLE SALAD

DINNER SOLVED
HELLO LUNCH!

Yummy dinner, delicious lunch all in one
shot, well done you!

DINNER



LUNCH



White Flesh
Sweet Potato



Egg Noodles



Honey



Ginger Puree



Miso Paste



Soy Sauce



Chicken thighs



Lime



Spring Onions



Salted Peanuts



Carrot



Coriander



Mange tout



Coleslaw

MEAL BAG

DINNER TO LUNCH

Transform dinner into a tasty new lunch!

DINNER: 45 mins **LUNCH: 5 mins**

Dinner: 2 of your 5 a day Lunch: 1. of your 5 a day

Zesty, savoury and full of fresh ingredients, our sticky miso chicken with sweet potato wedges and slaw is bound to make dinnertimes more exciting. This recipe uses chicken thighs which, compared to the breast, is dark meat meaning it has more flavour and is juicier. The thighs are coated in a sweet and zingy marinade made from honey, ginger purée, miso paste and soy sauce. Plus, as part of our dinner to lunch menu, it can be packed into lunchboxes the following day as a Thai chicken noodle salad. Winning!

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BEFORE YOU START

🧼 **Wash** the Veggies. 🍴 Make sure you've got a **Large Saucepan, Foil, Large Baking Tray, Colander, Coarse Grater**. Now, let's get cooking your **Dinner** and **Lunch**!

DINNER



1 ROAST THE WEDGES

Preheat the oven to 220°C. Bring a large saucepan of **water** to the boil with a pinch of salt for the noodles. Chop the **white flesh sweet potato** into 2cm wide **wedges** (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil** and season with a pinch of **salt** and **pepper**. Toss to coat in the oil, then roast on the top shelf of your oven until golden, 25-30 mins



4 GET CHOPPING

Place the **chicken thighs** on the top shelf of the oven and cook for the remaining cooking time, 10-15 mins. **! IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle!* Zest the **lime** and cut in half. Trim and thinly slice the **spring onion**. Roughly chop the **peanuts**. Trim the **carrot** (no need to peel) then grate on the coarse side of your grater. Roughly chop the **coriander** (stalks and all). Cut the **mangetout** in half widthways.



2 COOK THE NOODLES

When the **water** is boiling, add the **noodles** and cook for 4 mins. Once cooked, drain in a colander and run under **cold water** until cool. Transfer the noodles to a large bowl and drizzle with oil to stop them from sticking together. Set to one side (these are for your lunch!)



5 EAT UP!

Pop the **coleslaw mix** into a large bowl. Dress with **half** the **lime juice** and **zest**, **half** the **coriander**, a drizzle of oil, a pinch of **salt** and some **pepper**. Mix together well and share between your plates. Once cooked, transfer two of the **thighs** onto a board and leave to cool (these are for your lunch!). Divide up the **wedges** and remaining **chicken thighs**. Scatter over some **peanuts** (leave some for lunch!) and spoon over a little leftover **marinade**. **Dig in!**



3 MARINATE THE CHICKEN

Meanwhile, pop the **honey, ginger purée, miso paste** and **half** the **soy sauce** into a mixing bowl and stir together well. Add the **chicken thighs** to the bowl and rub to coat in the **marinade**. Transfer the **chicken thighs** (and all the **marinade**) onto a foil lined baking tray. **! IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat!* Once the **wedges** have been roasting for 10 mins, give them a turn and move them to the middle shelf of the oven.

LUNCH FOR TWO



6 PACK UP!

Once you are ready to pack your lunch, shred the remaining **chicken** into small pieces using two forks. Pop into the bowl with the **noodles** along with the **mangetout, spring onion** and **carrot**. Add the remaining **lime zest, juice, coriander, peanuts**, and **soy sauce** and any **marinade** left on the tray. Toss to coat the **noodles** well in the flavour! Transfer into your containers and refrigerate for your lunch tomorrow. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
White Flesh Sweet Potato *	1	2	2
Egg Noodles Nests (8) 13)	2	2	2
Honey	2	3	4
Ginger Puree	1 sachet	1½ sachets	2 sachets
Miso Paste 11)	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	2 sachets	3 sachets	3 sachets
Chicken Thighs *	6	8	10
Lime *	1	1½	2
Spring Onions *	1	1	1
Salted Peanuts 1)	1 bag	2 bags	2 bags
Carrot *	1	1	1
Coriander *	1 bunch	1 bunch	1 bunch
Mange Tout *	1 pack	1 pack	1 pack
Coleslaw *	1 pack	1½ packs	2 packs

*Not Included * Store in the Fridge

ALLERGENS

1) Peanut 8) Egg 11) Soya 13) Gluten

NUTRITION FOR UNCOOKED INGREDIENTS

DINNER	PER SERVING: 548G	PER 100G
Energy (KJ/kcal)	2685/ 636	490/ 116
Fat (g)	18	3
Sat. Fat (g)	4	1
Carbohydrate (g)	77	14
Sugars (g)	27	5
Protein (g)	45	8
Salt (g)	2.24	0.41
LUNCH	PER SERVING: 367G	PER 100G
Energy (KJ/kcal)	2593/ 620	707/ 169
Fat (g)	18	5
Sat. Fat (g)	4	1
Carbohydrate (g)	63	17
Sugars (g)	15	4
Protein (g)	52	14
Salt (g)	4.74	1.29

Nutrition for uncooked ingredients based on 2 person recipe.

🧼 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.



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