

SWEET CHILLI CHICKEN

with Chinese Leaf, Noodles and Peanuts





A ginger plant can grow up to 4ft. tall.

















Spring Onion







Red Pepper





Coriander Salted Peanuts



Egg Noodles

Chopped Chinese Leaf



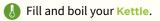




(Rapid recipe

Packed full of flavour and freshness, transport your taste buds to the fringe palmed beaches of Thailand by recreating this classic weeknight favourite. Sizzling chicken, vibrant vegetables and soft egg noodles are tossed in a tangy, sticky sweet and sour sauce and can be only the table in no time at all. Top with crunchy peanuts, fresh coriander and a good squeeze of fresh lime and you're done! For those up to the challenge why not try eating this bowlful with a pair chopsticks...





START



MARINATE THE CHICKEN

- a) In a mixing bowl, mix together the sweet chilli sauce and half the soy sauce.
- b) Pop the diced chicken breast into the bowl and mix well to evenly coat.
 IMPORTANT: Remember to wash your hands and equipment after handling raw meat! Cover, and pop the bowl in the fridge while you prepare the veggies.



4 STIR-FRY THE CHICKEN

- a) Meanwhile, heat a glug of oil in a large frying pan (or wok) over medium-high heat.
- c) Once cooked, transfer the chicken to a clean bowl (or plate) and give the pan a rinse.



2 GET CHOPPING

- a) Peel and finely grate the ginger. Peel and grate the garlic (or use a garlic press). Trim the spring onion and thinly slice.
- b) Halve the pepper and discard the core and seeds. Slice into thin strips. Zest the lime and cut into wedges. Roughly chop the coriander (stalks and all). Roughly chop the peanuts.



5 ADD THE VEGGIES

- a) Return the pan to the heat and add an extra splash of oil. Stir-fry the Chinese leaf and red pepper until softened slightly, 3-4 mins.
- b) Add the garlic, ginger and half the spring onion. Mix well and cook for 1 minute. Stir in the lime zest, a good squeeze of juice from half the lime and season well with black pepper. Cook for 1 minute more.



3 COOK THE NOODLES

- a) Fill a large saucepan with the boiling water from the kettle and bring back to the boil.
 Add the noodles and a good pinch of salt.
- b) Stir and cook for 4 mins. Drain in a sieve and run under cold water to stop them from sticking together.
- c) Cover and set aside.



6 FINISHING TOUCHES

- a) Return the **noodles** and **chicken** to the pan, along with **half** the **coriander**.
- b) Stir gently to combine and cook until everything is piping hot, 2-3 mins. Divide the **chicken** and **noodles** between your plates and drizzle over the remaining **soy sauce**. Finish with the rest of the **spring onion**, the remaining **coriander** and the **peanuts** sprinkled on top. Serve the extra **lime wedges** on the side.

ENJOY!

INGREDIENTS

	2P	3P	4P
Sweet Chilli Sauce	1	1½	2
	sachet	sachets	sachets
Soy Sauce 11) 13)	1 sachet	2 sachets	2 sachets
Diced Chicken Breast ❖	280g	420g	560g
Ginger ∗	½ piece	¾ piece	1 piece
Garlic Clove *	1	2	2
Spring Onion *	2	3	4
Red Pepper *	1	1½	2
Lime *	1	1½	2
Coriander *	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	1 small bag	1 large bag	1 large bag
Egg Noodles 8) 13)	2 nests	3 nests	4 nests
Chopped Chinese Leaf *	1 bag	1½ bags	2 bags

* Store in the Fridge

NUTRITION FOR JNCOOKED INGREDIENT	PER SERVING 450G	PER 100G
Energy (kJ/kcal)	2341 /560	520 /124
Fat (g)	12	3
Sat. Fat (g)	4	1
Carbohydrate (g)	64	14
Sugars (g)	17	4
Protein (g)	48	11
Salt (g)	3.23	0.72

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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