



Product Spotlight: Sesame seeds

These little white or black seeds add flavour to salads, noodles, stir-fries, and baked goods. Toast in a dry frypan to bring out their subtle nutty flavour.



Yakitori Chicken Noodles

Caramelised diced chicken breast on a bed of soba noodles tossed with a honey soy dressing. Served with charred Asian greens and finished with a sprinkle of sesame seeds.



25 minutes



2 servings



Chicken

Make a stir-fry!

You can warm this dish up by stir-frying all the vegetables with the chicken, sauce and noodles. Slice or chop the Asian greens so they toss through the noodles easier.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	50g	9g	102g

FROM YOUR BOX

WHEAT NOODLES	1 packet
ASIAN GREENS BULB	2
DICED CHICKEN BREAST	300g
RED CAPSICUM	1
CARROT	1
CHIVES	1 bunch
SESAME SEEDS	1 packet

FROM YOUR PANTRY

sesame oil, soy sauce, honey

KEY UTENSILS

large frypan, saucepan

NOTES

Rinse the noodles in cold water before tossing them if they are stuck together.

No gluten option – wheat noodles are replaced with rice noodles.



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles to boiling water and cook according to packet instructions or until al dente (use to taste). Drain and rinse.



2. PREPARE THE SAUCE

Whisk together **1 1/2 tbsp sesame oil**, **2 tbsp soy sauce**, **1 1/2 tbsp honey** and **1/2 tbsp water**. Set aside.



3. CHAR THE GREENS

Halve and rinse Asian greens. Coat with **sesame oil**. Cook in a frypan over medium-high heat for 3–4 minutes each side until charred and tender. Remove from pan.



4. COOK THE CHICKEN

Add chicken to pan along with 1 tbsp prepared sauce. Cook for 8–10 minutes until cooked through.



5. TOSS THE NOODLES

Slice capsicum, julienne carrot and slice chives (reserve some for garnish). Toss together with remaining sauce and cooked noodles until well combined (see notes).



6. FINISH AND SERVE

Divide noodles among bowls. Top with chicken and Asian greens. Garnish with sesame seeds.



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