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Teriyaki Chicken

and Soba Noodle Bowl



30-40min



4 Portions

Have your chopsticks at the ready for this light and healthy noodle bowl. The quick teriyaki marinade coats the chicken and veggies in a delicious sweet and savoury flavour the whole family will love.

What we send

- snow peas
- teriyaki sauce ^{1,6,11}
- soba noodles ¹
- sesame seed mix ¹¹
- zucchini
- red capsicum
- carrot
- ginger
- garlic
- free-range chicken breast fillet

What you'll require

- vegetable oil

Utensils

- chargrill or frypan
- Colander
- grater
- medium saucepan
- wok or deep frying pan

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Besides giving the chicken a fantastic smoky, charred flavour, using a chargrill means you need to use much less oil for cooking.

Allergens

Gluten (1), Soy (6), Sesame (11). May contain traces of other allergens.

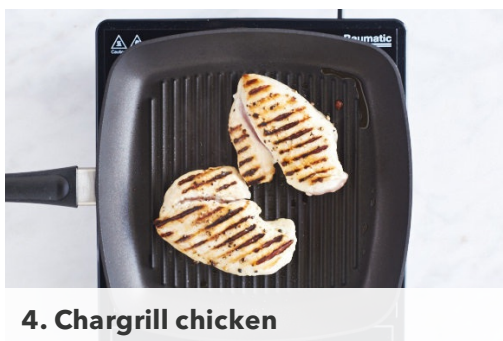
Nutrition per serving

Energy 605.0kcal, Fat 7.7g, Proteins 54.6g, Carbs 77.0g



1. Marinate chicken

Cut each **chicken breast fillet** horizontally into 2 thinner steaks. Place in a shallow glass or ceramic dish with the **teriyaki sauce**. Turn to coat and set aside for 5 mins. Bring a medium saucepan of water to the boil for the noodles.



4. Chargrill chicken

Heat a chargrill pan over medium heat (see cooking tip) and cook the **chicken**, in batches for 3 mins each side or until cooked through. Reserve marinade from the chicken.



2. Prepare vegetables

Meanwhile, finely chop the **garlic**. Peel and finely grate the **ginger**. Cut the **carrots** into thin matchsticks. Remove **capsicum** seeds and membrane and coarsely chop. Halve the **zucchini** lengthwise then cut into ½cm thick slices. Slice the **snow peas** lengthwise.



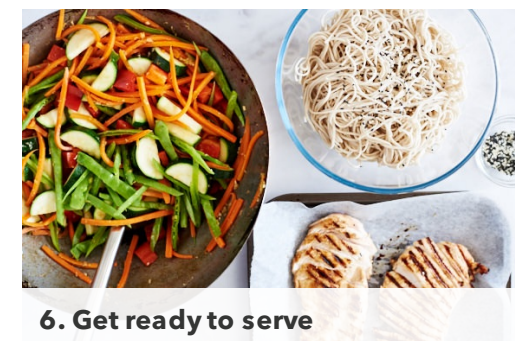
5. Start stir-fry

Meanwhile, heat 2 tsp **oil** in a wok or large frypan over medium heat. Stir-fry the **garlic** and **ginger** for 30 secs. Add **carrot** and 2 tbs **reserved marinade** and stir-fry for 2 mins. Add **capsicum** and **zucchini** and stir-fry for 2 mins, adding a little water if necessary to prevent vegetables from burning. Add **snow peas** and stir-fry for 1 min.



3. Cook noodles

Cook the **noodles** in the pan of boiling water for 2-3 mins. Drain well.



6. Get ready to serve

Rinse **noodles** under hot water and drain well. Stir through the **sesame seeds**, reserving some for garnish. Divide between bowls. Slice the **chicken**. Top the noodles with the chicken, vegetables and reserved sesame seeds.