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Chicken with Soba Noodles and Vegetable Batons



20-30min



4 Portions

When food looks this good, you won't have to beg the kids to finish their plates! Zucchini, capsicum and carrot not only add a good dose of vegetables to this dish, but add vibrancy and colour! Plus, what kid doesn't enjoy noodles and grilled chicken? This one is sure to become a family favourite.

What we send

- spice mix
- red capsicum
- lemon
- free-range chicken breast fillet
- garlic, birds eye chilli, coriander
- sesame oil ¹¹
- zucchini
- soba noodles ¹
- carrot

What you'll require

- soy sauce ⁶
- vegetable oil

Utensils

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

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

Cooking tip

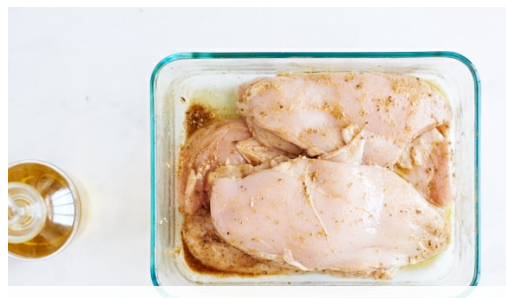
If preferred the chicken can also be cooked on a barbecue on medium heat or under a preheated oven grill.

Allergens

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

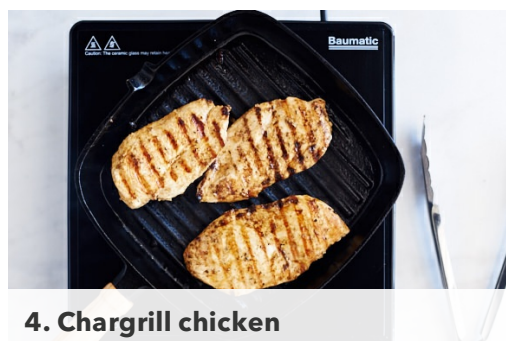
Nutrition per serving

Energy 585.0kcal, Fat 11.1g, Proteins 48.8g, Carbs 69.9g



1. Marinate chicken

Cut **chicken fillets** horizontally into thinner steaks. Juice half the **lemon**. Finely chop 1 **garlic** clove. Combine **chopped garlic**, 1 tbs **lemon juice**, 2 tsp **vegetable oil** and the **spice mix** in a shallow dish. Add the chicken and turn to coat. Bring a medium saucepan of water to the boil for the noodles.



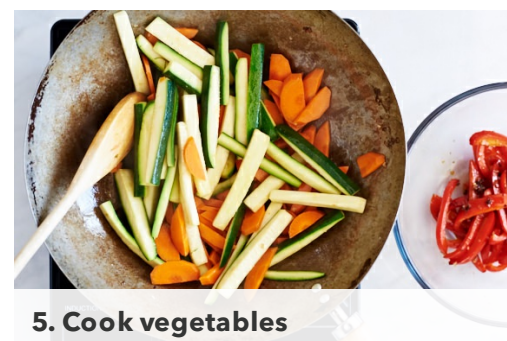
4. Chargrill chicken

Heat a chargrill pan over medium-high heat (see cooking tip) and cook **chicken** for 2-3 mins each side until cooked through. Do not overcook the chicken or it will become dry.



2. Prepare ingredients

Cut the remaining **lemon** half into wedges. Cut the **carrots** in half lengthwise and thinly slice into semi-circles. Cut the **zucchini** into 1cm wide batons. Discard **capsicum** seeds and membrane and cut into thin strips. Coarsely chop the **coriander** leaves and stems. Thinly slice the **chilli** (deseed for less heat if you prefer).



5. Cook vegetables

Meanwhile, finely chop the remaining **garlic** clove. Heat 2 tsp **vegetable oil** in a wok over medium-high heat. Stir-fry the garlic and **capsicum** for 2-3 mins until tender. Remove from pan. Heat 2 tsp vegetable oil in the same wok. Stir-fry the **carrots** and **zucchini** with 1 tbs water for 2 mins.



3. Cook noodles

Cook the **noodles** in the pan of boiling water for 2-3 mins. Drain well and rinse under cold water to prevent noodles sticking together. Return to the pan with 2 tsp **sesame oil** and toss to coat. Combine the remaining sesame oil with 1 tbs **soy sauce** and set aside.



6. Get ready to serve

Return **capsicum** and **garlic** to the pan with **soy mixture** and toss to combine. Divide the **noodles** between plates and top with **chicken**. Serve **vegetables** on the side with **lemon wedges**. Scatter with **coriander** and **chilli** for the adults.