



Webfid00261hero poachedchicken

Poached Chicken

with Noodles and Vegetables

 20-30min  4 Portions

Simple and tasty, that's how we like our dinners! This meal fits that repertoire perfectly. While the chicken poaches in an aromatic coconut liquid, cook the veggies and noodles. We know you won't be disappointed with this final result!

What we send

- 1 small red chilli, coriander
- sesame oil ¹¹
- sesame seed mix ¹¹
- snow peas
- broccoli
- carrot
- soba noodles ¹
- coconut milk
- free-range chicken breast fillet

What you'll require

- soy sauce ⁶
- vegetable oil

Utensils

- large saucepan
- medium saucepan
- sieve

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

Cooking tip

The broccoli stalk is very nutritious, so thinly slice or dice and add to the dish.

Allergens

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

Nutrition per serving

Energy 620.0kcal, Fat 13.1g, Proteins 52.5g, Carbs 71.1g



1. Poach chicken

Bring a large saucepan of water to the boil for the noodles. Place **chicken** in a medium saucepan with the **coconut milk**, 375ml (1½ cups) **water** and 1 tsp **brown sugar**. Cover and bring to a simmer. Reduce heat to low and cook for 5 mins. Remove from the heat and leave chicken to finish cooking in the poaching liquid.



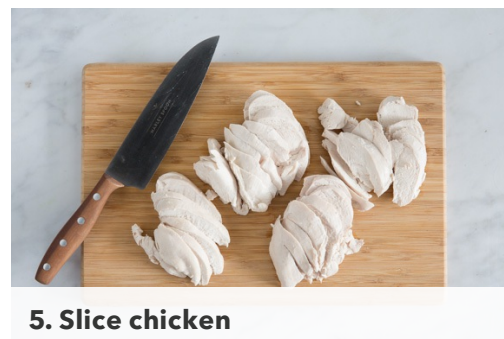
4. Stir-fry vegetables

Heat 1 tbs **vegetable oil** in a large wok or frypan over medium heat. Stir-fry the **carrots** and **broccoli** for 1 min. Add 1 tbs **water** and stir-fry for 2 mins. Add the **coriander stems**, **snow peas** and 1 tbs **soy sauce** and stir-fry for 2-3 mins until all vegetables are tender.



2. Prepare ingredients

Meanwhile, cut **carrots** into thin batons. Trim end of **broccoli** then cut into small florets and thinly slice the stalk, if desired (see cooking tip). Trim ends of **snow peas**, then slice lengthwise. Coarsely chop the **coriander** leaves and stems (reserve a few whole leaves to garnish). Thinly slice the **chilli**, deseeding for less heat, if desired.



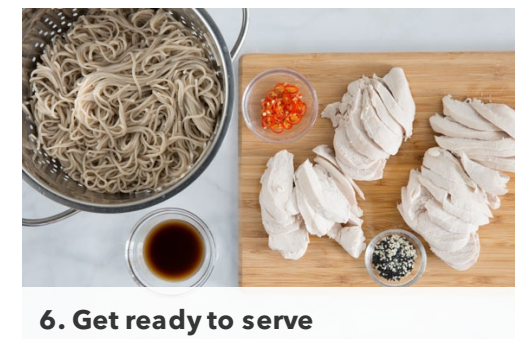
5. Slice chicken

Remove **chicken** from the poaching liquid and thinly slice. Combine the **sesame oil** and 2 tsp **soy sauce** in a small bowl. Toss **noodles** in half the **sesame mixture** or serve separately, if preferred.



3. Cook noodles

Cook the **noodles** in the pan of boiling water for 2-3 mins. Drain, then rinse under hot water to prevent noodles sticking together.



6. Get ready to serve

Divide **noodles** and **vegetables** between plates and top with the **sliced chicken**. Drizzle with the remaining **sesame mixture** and scatter over the **coriander** leaves, **sesame seeds** and **chilli** for the adults, if desired.