

MARLEY SPOON



Pan-fried Chicken with Teriyaki Sauce and Noodles

 20min  4 Portions

Bring homestyle Japanese flavours to the table with this speedy chicken stir-fry featuring a ginger-laced teriyaki sauce. You'll never buy the bottled variety once you discover how easy and delicious it is to make your own!

What we send

- free-range chicken tenderloins
- white sesame seeds ¹¹
- green beans
- green peas
- coriander and ginger
- broccoli
- soba noodles ¹

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- Australian honey
- sea salt and pepper
- soy sauce ⁶
- vegetable oil
- white wine vinegar ¹⁷

Utensils

- medium saucepan

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

Cooking tip

Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

Allergens

Gluten (1), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 615.0kcal, Fat 10.9g, Proteins 51.5g, Carbs 72.9g



1. Make teriyaki sauce

Peel and finely grate the **ginger**. Combine the **soy sauce, honey, vinegar, ginger** and some **pepper** in a bowl. Bring a medium saucepan of salted water to the boil.



2. Prepare ingredients

Trim the **broccoli** and cut into small florets. Trim and slice the **beans** into 2cm lengths. Coarsely chop the **coriander**, including the stems. Thickly slice the **chicken**.



3. Cook noodles

Cook the **broccoli** and **beans** in the boiling water for 2 mins, then remove with a slotted spoon and rinse under cold running water. Return the water to the boil. Add the **noodles** (use two-thirds for 2P** see cooking tip) and cook for 4 mins or until al dente. Drain and toss quickly with **half the oil**. Keep warm.



4. Stir-fry chicken

While noodles are cooking, heat the **remaining oil** in a wok or deep frypan over high heat. In batches if necessary, stir-fry the **chicken** for 3 mins or until golden.



5. Add sauce

Add the teriyaki sauce to the pan, cover and cook gently over low heat for 2 mins or until **chicken** is just cooked through.



6. Finish cooking

Stir in the **broccoli, beans** and **peas**, and cook gently for 1 min or until warmed through. Stir in the **coriander**. Divide the **noodles** among bowls and top with the chicken and vegetable stir-fry. Scatter with **sesame seeds** to serve.