



Asian Chicken Parcels with

Snow Peas and Chinese Broccoli



30-40min



2 Portions

Steamed food doesn't have to be bland as proven by these sensational oven-baked parcels which cleverly lock in and infuse succulent chicken with honeyed soy and aromatic ginger, star anise and Thai basil. The delicious marinade is then poured over blanched greens and vermicelli rice noodles for a dinner that's low in fat and off the scale in flavour.

What we send

- free-range chicken breast fillets
- ginger, 1 garlic clove, 1 red chilli, Thai basil and Chinese broccoli
- vermicelli rice noodles
- snow peas
- sesame oil ¹¹
- star anise
- mirin

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

What you'll require

- Australian honey
- sea salt flakes
- soy sauce ⁶

Utensils

- baking paper
- foil
- medium saucepan
- oven tray
- small saucepan

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

Cooking tip

To easily remove chilli seeds, cut off the stem and roll the chilli between your fingers. Shake out seeds cut-side facing down. Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

Allergens

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

Nutrition per serving

Energy 625.0kcal, Fat 6.9g, Proteins 41.0g, Carbs 97.0g



1. Prepare ingredients

Preheat the oven to 200C. Thinly slice the **garlic** and the **chilli(es)** on an angle, removing the seeds if less heat is desired (see cooking tip). Peel and finely grate the **ginger**. Pick the **Thai basil** leaves. Lightly score each **chicken breast** at 1cm intervals.



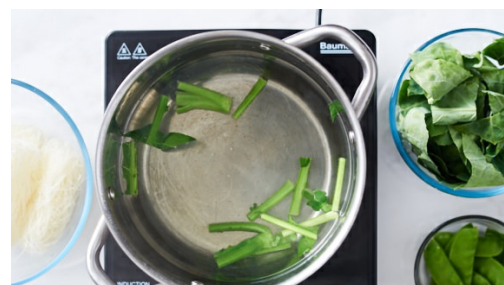
4. Prepare greens

Transfer parcels to an oven tray and bake for 15 mins or until **chicken** is cooked through. Meanwhile, bring a medium saucepan of water to the boil. Trim the **snow pea** stems and remove the strings from one side. Cut the **Chinese broccoli** into 5cm lengths, keeping the stalks and the leaves separate.



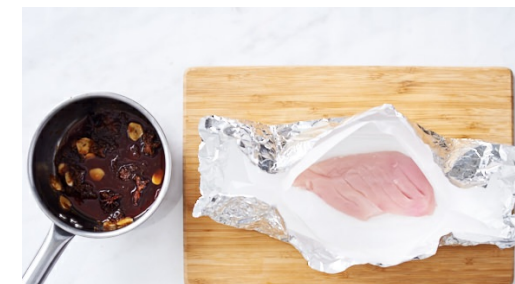
2. Make soy honey mixture

Combine the **soy sauce**, **honey**, **garlic**, **three-quarters of the chilli**, the **ginger**, **mirin** and **star anise** in a small saucepan over low heat. Cook for 2 mins, stirring, until the **honey** is melted. Set aside for 10 mins or until cool.



5. Cook noodles and greens

Add the **Chinese broccoli stalks** to the pan of **boiling water** and cook for 1 min. Add the **noodles**, **snow peas** and **Chinese broccoli leaves**, and cook for a further 1 min or until the **noodles** and **vegetables** are just tender. Drain noodles and vegetables well in a colander, then return to the pan.



3. Make parcels

Meanwhile, lay out 30cm lengths of foil (2 for 2P | 4 for 4P** see cooking tip) and top each with a 30cm length of baking paper. Place **chicken** in the centre of the paper and spoon over the **soy honey mixture**. Scatter over **half the Thai basil**. Pull up the longest edges of the paper and foil and fold to seal, then seal the short side edges to form parcels.



6. Get ready to serve

Drizzle the **sesame oil** over the **noodle mixture** and toss to combine. Divide noodles and vegetables among bowls. Carefully open the parcels. Top the noodle mixture with the chicken breasts and the soy honey mixture. Scatter over the **remaining Thai basil** and the **remaining chilli** to serve.