

MARLEY SPOON



Sticky Honey-Baked Chicken

with Rainbow Veggie Noodles



20-30min



4 Portions

Honey and soy with chicken is always a crowd-pleasing combination and who doesn't love noodles? Plus this dish is really good for you too. Capsicums punch above their weight in Vitamin C, chicken is an excellent source of lean protein and carrots are a brilliant way to consume various antioxidants, Vitamin A and fiber, for gut health.

What we send

- Sriracha hot chilli sauce ¹⁷
- free-range tenderloins chicken fillet
- sesame oil ¹¹
- oyster sauce ^{1,2,4}
- dry egg noodles ^{1,3}
- pak choy
- carrots
- capsicum
- coriander

What you'll require

- Australian honey
- salt and pepper
- soy sauce ⁶
- vegetable oil

Utensils

- foil
- large saucepan
- roasting pan or oven tray

Our veggies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Shellfish (2), Egg (3), Fish (4), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

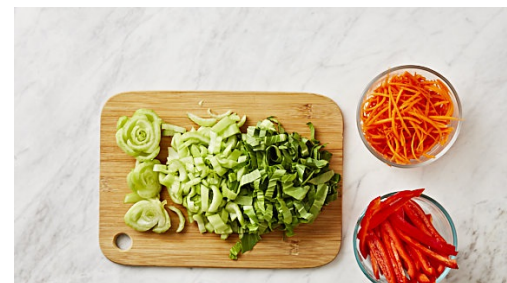
Nutrition per serving

Energy 555kcal, Fat 17.6g, Carbs 51.4g, Protein 44.1g



1. Marinate chicken

Preheat the oven grill to high. Combine the **oyster sauce, sriracha sauce, honey** and **2 tsp sesame oil** in a large bowl. Add the **chicken tenderloins**, season with **pepper** and stir to coat. Stand for 5 mins while you prepare the vegetables.



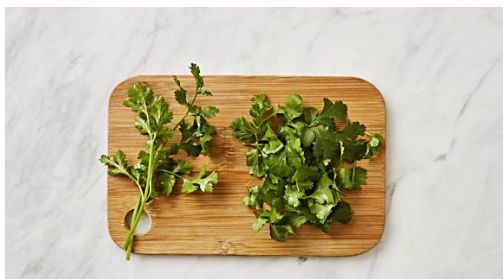
2. Prepare vegetables

Bring a large saucepan of water to the boil over medium-high heat for the noodles. Finely shred the **pak choy**. Peel the **carrots** then coarsely shred using a julienne peeler or grater. Cut the **capsicum** into thin strips, discarding the seeds and membrane.



3. Grill chicken

Line an oven tray with foil. Put the **chicken** on the tray and grill for 4-5 mins each side until cooked through.



4. Cook noodles

Meanwhile, pick the **coriander leaves** and finely chop the **stems**. Add **three quarters of the noodles** (the remaining noodles won't be used in this dish) to the pan of boiling water and cook for 3 mins or until nearly cooked through.



5. Cook vegetables

Add the **vegetables** to the **noodles** and cook for 2 mins or until the noodles are cooked and the vegetables are tender. Drain well.



6. Get ready to serve

Put the **noodle mixture** in a large bowl with **2 tsp sesame oil, 2 tbs soy sauce, 1 tbs vegetable oil** and the chopped **coriander stems**. Season with **salt and pepper** and toss to combine. Tear the **chicken** into large pieces. Divide the **rainbow veggie noodles** and chicken among bowls. Drizzle with any chicken juices and scatter with **coriander leaves** to serve.