

DINNERLY



Sesame Chicken Noodles with Stir-Fry Veggies



20-30 minutes



2 Servings

Love crumbed chicken? Go next level with juicy tenderloins in a golden sesame crust, then serve over a bowl of Asian stir-fried veggies and silky egg noodles.

WHAT WE SEND

- 10g toasted sesame seeds¹¹
- free-range chicken tenderloins
- 1 carrot
- 1 bunch pak choy
- 200g egg noodles^{1,3}

WHAT YOU NEED

- Dijon mustard¹⁷
- garlic clove
- Australian honey
- sea salt and pepper
- soy sauce⁶
- vegetable oil
- water
- white vinegar

TOOLS

- medium saucepan
- deep frypan or wok

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

ALLERGENS

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

NUTRITION PER SERVING

Energy 730kcal, Fat 20.8g, Carbs 80.7g, Proteins 51.0g



1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Crush or finely chop **2 garlic cloves**. Peel the **carrot**, then halve lengthwise and thinly slice on an angle. Trim and cut the **pak choy** into 3cm lengths.



2. Cook noodles

Cook the **noodles** in the pan of boiling water for 3 mins or until tender. Drain. Meanwhile, put **1½ tbs soy sauce**, **2 tsp white vinegar**, **2 tsp honey**, **1 tsp Dijon mustard** and **1½ tbs water** in a bowl and whisk to combine.



3. Cook sesame chicken

Put the **chicken** and **2 tsp soy sauce** in a bowl and stir to coat. Put the **sesame seeds** on a plate, add the chicken and turn to coat all over. Heat **1 tbs vegetable oil** in a wok over medium-high heat. Cook the sesame chicken for 3 mins each side or until golden and cooked through. Remove from the wok.



4. Stir-fry veggies

Heat **2 tsp vegetable oil** in the wok over high heat. Stir-fry the **garlic**, **carrot** and **pak choy** for 2 mins or until tender but still with crunch. Add the **noodles** and **half the stir-fry sauce** and toss for 1 min or until well coated in the sauce. Remove the wok from the heat and season with **pepper**.



5. Serve up

Cut the **sesame chicken** into thirds. Divide the **noodle mixture** and **chicken** among plates, drizzle over the **remaining stir-fry sauce** and enjoy.



6. Spice it up

For chilli lovers, remove the seeds and slice a large red chilli and stir-fry along with the carrots and pak choy.