

DINNERLY



⚡ FAST

Creamy Sesame Chicken with Egg Noodles



20-30 minutes



4 Servings

If you think tahini is only good for making hummus, think again. Made from finely ground sesame seeds, tahini makes a deliciously nutty, creamy sauce too – perfect for drizzling over this bowl of chicken and noodles.

WHAT WE SEND

- 2 large free-range chicken breast fillets
- 2 carrots
- 2 zucchini
- 80g tahini paste ¹¹
- 1 tbs sesame oil ¹¹
- 200g egg noodles ^{1,3}

WHAT YOU NEED

- 2 tbs vegetable oil
- 2 garlic cloves
- 2 tbs white vinegar
- 2 tbs soy sauce ⁶
- 1 tbs sugar

TOOLS

- large deep frypan
- large saucepan

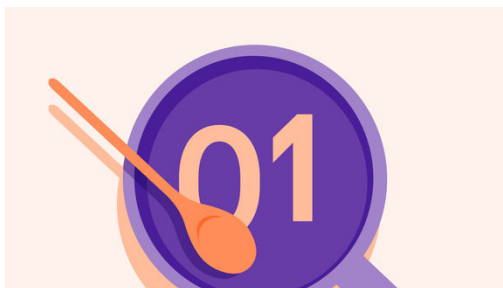
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

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

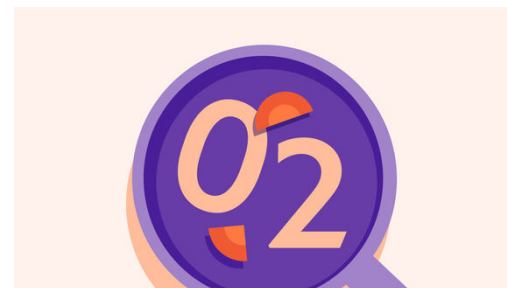
NUTRITION PER SERVING

Energy 655kcal, Fat 29.6g, Carbs 44.8g, Proteins 48.1g



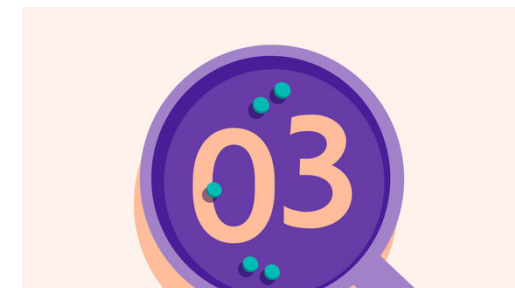
1. Pan-fry chicken

Put the **chicken breasts** flat on a board, put your hand on top and halve horizontally into 4 equal fillets. Season with **salt and pepper**. Heat **2 tbs vegetable oil** in a large deep frypan over medium-high heat. Cook the chicken for 3-4 mins each side until golden and cooked through. Remove the chicken from the pan, reserving the pan, and cover to keep warm.



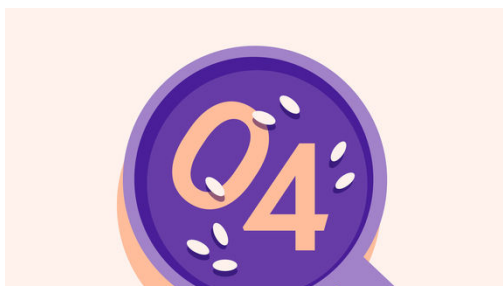
2. Prep veggies

Meanwhile, crush or finely chop **2 garlic cloves**. Peel and halve the **carrots** lengthwise, then thinly slice. Thinly slice the **zucchini**.



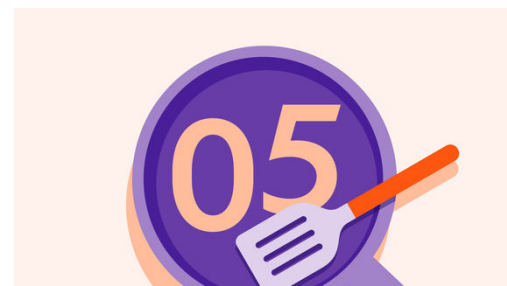
3. Make sesame sauce

Bring a large saucepan of water to the boil for the noodles. Put the **tahini** (see Kitchen tip), **half the sesame oil**, **2 tbs white vinegar**, **2 tbs soy sauce**, **1 tbs sugar** and **2 tbs water** in a small bowl and whisk to combine.



4. Cook noodles and veggies

Cook the **noodles** in the pan of boiling water for 3-4 mins until tender. Drain. Meanwhile, heat the **remaining sesame oil** in the reserved frypan over high heat. Stir-fry the **garlic** and **carrot** for 3 mins. Add the **zucchini** and stir-fry for 2 mins or until the veggies are just tender. Remove the pan from the heat and season with **salt and pepper**.



5. Serve up

Slice the **chicken**. Divide the **noodles, stir-fried vegetables** and chicken among plates. Drizzle the **sesame sauce** over the chicken and enjoy.



6. Kitchen tip

To ensure the tahini is well combined – it tends to separate after sitting for a while – give the packet a good massage before opening.