



# MARLEY SPOON



**UNDER  
30 MINS**

## Bang Bang Chicken Salad

 20-30min  2 Portions

This refreshing Chinese salad was traditionally served by street vendors who sold cooked chicken drizzled with a fiery sauce. We've turned it into a main dish here by teaming it with slippery vermicelli noodles, lots of fresh herbs, a zingy dressing and refreshing vegetables.

## What we send

- black sesame seeds <sup>11</sup>
- bang bang dressing <sup>11</sup>
- mint
- bang bang seeds <sup>11</sup>
- lime
- vermicelli noodles
- bean sprouts
- peanuts <sup>5</sup>
- coriander
- Lebanese cucumber
- star anis
- free-range chicken breast fillet
- ginger
- spring onion

## What you'll require

- pepper
- salt
- soy sauce <sup>6</sup>
- sugar

## Utensils

- small saucepan

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

## Cooking tip

You can strain the broth and keep it to make a quick Asian soup. Store in fridge for up to 3 days or freeze for up to 3 months.

## Allergens

Peanuts (5), Soy (6), Sesame (11). May contain traces of other allergens.

## Nutrition per serving

Energy 570.0kcal, Fat 20.8g, Proteins 43.8g, Carbs 48.8g



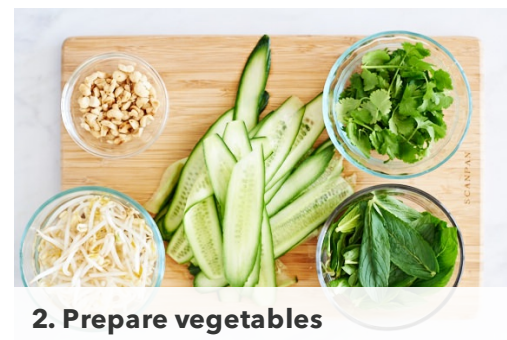
**1. Poach chicken**

Cut the **spring onion** into 7cm lengths (separate green part from white). Peel and slice the **ginger**. Place **chicken** in a small saucepan and cover with cold water. Add **star anise**, ginger, **green part of onion**,  $\frac{1}{2}$  tsp **black peppercorns** and 1 tsp **salt**. Bring to the boil. Reduce heat and simmer for 6-8 mins turning halfway through.



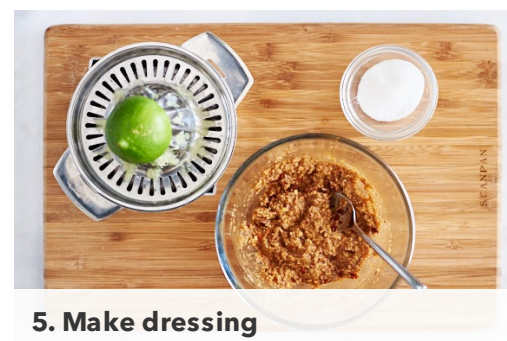
**4. Cook noodles**

Place **noodles** in a heatproof bowl. Cover with boiling water and stand for 1-2 mins until softened. Drain and set aside.



**2. Prepare vegetables**

Meanwhile, use a vegetable peeler to slice the **cucumber** into ribbons. Pick the **mint** and **coriander** leaves (discard stems). Coarsely chop the **peanuts**. Trim tails from **bean sprouts** and refresh in cold water. Transfer **chicken** to a heatproof bowl to cool. Discard broth or save for another use (see cooking tip).



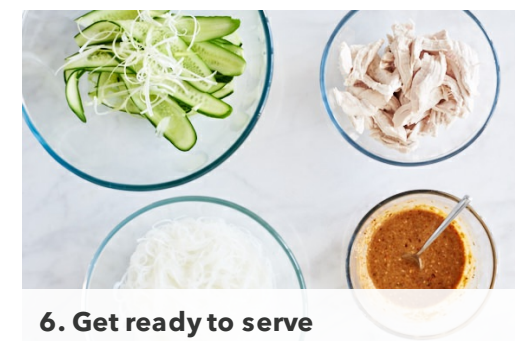
**5. Make dressing**

Juice the **lime**. Combine 2 tbs **lime juice**, 1 tsp **soy sauce**, 2 tsp **sugar**, **bang bang dressing** and **bang bang seeds** in a small bowl.



**3. Prepare onion**

Bring a kettle to the boil for the noodles. Shred the **chicken** into small pieces. Cut the **white parts of the spring onion** in half lengthwise. Open them out so they are flat rectangles then slice diagonally and place in a bowl with cold water. Stand for 5 mins or until curly.



**6. Get ready to serve**

Drain the **curly onion**. Toss the **cucumber ribbons**, curly onion, **chicken**, **noodles**, **herbs** and **bean sprouts** in a large bowl. Divide amongst plates and sprinkle over **peanuts** and **sesame seeds**. Drizzle over the **dressing**.