






Cooking Made Easy

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Chicken with Peanuts and Yellow Bean Sauce

Yellow is the colour of sun, summer and sensational flavours. That's why we threw together this chicken and peanut dish making sure it had plenty of yellow bean sauce. The sweet taste of ginger goes perfectly with our seasonal hero, broccoli. Not only is eating local seasonal produce great for the environment, but getting a vegetable in the right season makes a huge difference to that flavour!



25 min



family box



lactose free



Tenderstem Broccoli



Spring Onion



Garlic Clove



Ginger



Chicken Thighs



Cornflour



Peanuts



Egg Noodles



Soy Sauce



Yellow Bean Sauce



Rice Vinegar



Sesame Oil

Ingredients

	2P	4P
Tenderstem Broccoli	-	2 cups
Spring Onion, sliced	-	2
Garlic Clove, diced	-	2
Ginger, diced	-	2 tbsp
Chicken Thighs	-	6
Cornflour	-	2 tbsp
Peanuts, crushed 1	-	2 tbsp
Egg Noodles 2, 3	-	3 nests
Soy Sauce 3, 4	-	2 tbsp
Yellow Bean Sauce 4	-	3 tbsp
Rice Vinegar 5	-	1 tbsp
Sesame Oil 6	-	1 tsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH: Step for little hands

Allergens

1) Peanut | **2)** Egg
3) Gluten | **4)** Soya
5) Sulphites | **6)** Sesame

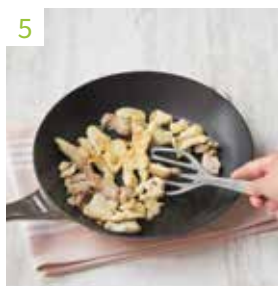
Nutrition per serving: Calories: 511 kcal | Protein: 35 g | Carbs: 59 g | Fat: 14 g | Saturated Fat: 3 g



1 Cut the very end off the tenderstem broccoli and discard. Finely slice the spring onion, separating the whites and greens. Peel the garlic and the ginger and finely dice. **Tip:** Peel the ginger using the edge of a spoon.



2 Cut the chicken into thin strips and toss in the cornflour and $\frac{1}{2}$ tsp of salt.



3 Lightly crush your peanuts. In a dry pan, toast off the peanuts for a few mins until golden. As always, watch your nuts closely as they can burn quickly. Keep to the side.



4 Boil a large pot of water with $\frac{1}{2}$ tsp of salt for the noodles and tenderstem. Boil the noodles for 4 mins until just cooked and add the tenderstem for the last 2 mins. Drain them under cold running water and put back in the pan filled with cold water.

5 Heat a frying pan with 2 tbsp of oil over a medium heat. Add the chicken and cook for 5 mins

until crispy and cooked through, remove from the pan. **Tip:** If you have a small pan cook your chicken in batches.

6 In a bowl mix together the soy sauce, yellow bean sauce, rice vinegar and 150ml of water.

7 Add to the now empty frying pan the whites of the spring onion, garlic, ginger and sesame oil and cook for 1 minute. Add the chicken back to the pan along with the sauce and mix everything together. Add the drained noodles and broccoli and warm everything through.

8 Divide the stir fry between your bowls and top with the toasted peanuts and the greens of the spring onion.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!