



More Than Food
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Chicken Yakitori with Crispy Red Onions and Sweet and Sour Noodles

Patrick has been working on a theory that the fewer utensils you use to eat a meal, the tastier it's likely to be. Think about it - everything you eat with only a fork is usually delicious. Dispense with cutlery entirely to use your fingers and suddenly you're in taste bud paradise. That was the thinking behind this Japanese favourite. The first person to finish has to shout "Banzaaaiiii!"

 40 mins

 lactose free

 family box



Spring Onion (3)



Green Beans (2 packs)



Red Onion (2)



Garlic Clove (2)



Chicken Thigh (6)



Chinese Rice Vinegar (2 tbsp)



Soy Sauce (3 tbsp)



Skewers (8)



Lime (1)



Sweet Chilli Sauce (6 tbsp)



Fish Sauce (2 tbsp)



Flour (2 tbsp)




Egg Noodles (3 nests)

Ingredients

4 PEOPLE ALLERGENS

Spring Onion, sliced	3	
Green Beans	2 packs	
Red Onion, sliced	2	
Garlic Clove, chopped	2	
Chicken Thigh	6	
Chinese Rice Vinegar	2 tbsp	Sulphites
Soy Sauce	3 tbsp	Gluten, Soya
Skewers	8	
Lime	1	
Sweet Chilli Sauce	6 tbsp	
Fish Sauce	2 tbsp	Fish, Gluten
Flour	2 tbsp	Gluten
Egg Noodles	3 nests	Gluten, Egg

 Our fruit and veggies come straight from the farm so give them a little wash before using

LH Step for little hands

Did you know...

You should never store onions near potatoes, because potatoes give off moisture and produce a gas, that causes onions to spoil more quickly.

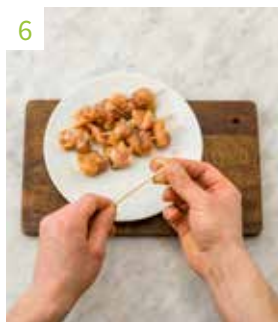
Nutrition per serving: Calories: 649 kcal | Protein: 53 g | Carbs: 77 g | Fat: 14 g | Saturated Fat: 4 g



1 Slice the **spring onions** into thin discs, separating the white and the green parts. Cut the top and bottom off the **green beans** (i.e. 'top and tail' them). Peel the **red onions**, slice lengthways through the root and thinly slice into half moon shapes. Peel and finely chop the **garlic** and chop the **chicken thighs** into small bite-sized pieces.



2 Mix the **garlic, chicken, chinese rice vinegar** and **soy sauce** in a bowl. Put the bowl in the fridge for 10 mins. Meanwhile, soak the **wooden skewers** in water (to stop them from burning later). Boil a pot of water for the noodles with $\frac{1}{2}$ tsp of **salt**.



3 LH: Roll the **lime** firmly back and forwards on a chopping board under your hand. **Tip:** Rolling the lime will make it easier to juice. Cut the **lime** in half and squeeze out all the juice into a bowl. Add the **sweet chilli sauce** and **fish sauce** to the **lime** juice in the bowl.



4 Mix the **red onions** with the **flour** and a pinch of **salt** and **pepper** in another bowl. Heat 2 tbsp of **oil** on high heat in a non-stick frying pan. Fry off the **onions** in small batches, until completely crispy and brown. Keep to the side (preferably on kitchen paper).

5 Cook the **egg noodles** for around 4 mins (the amount of nests you cook depends on how hungry you are!) or until 'al dente'. **Tip:** 'Al dente' means they are cooked through but are slightly firm in the middle. Drain the **noodles** but keep back 2 tbsp of the noodle water. Put the **noodles** back in the pot and cover with cold water for later.

6 Pre-heat your grill to high. Thread the **chicken** pieces onto the **skewers**. Put them under the grill on the top shelf. Cook for around 10 mins, turning occasionally, until browned off on all sides and cooked through. **Tip:** The chicken is cooked when no longer pink.

7 Heat 2 tbsp of **oil** in a non-stick frying pan on high heat. Cook the **green beans** for 6 mins. Add the whites of the **spring onions** for a further 30 seconds. Drain the **noodles** and add to the pan.

8 Add the sweet and sour lime juice mixture and the reserved noodle **water**. Toss ingredients together and continue to cook for a minute. Serve the **noodles** into warm bowls and top with the **chicken** skewers. Sprinkle over the green part of the **spring onions** and the crispy **red onion**.

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