



Crispy Sesame Chicken on itsu Chicken Ramen Brilliant'Broth with Udon, Pak Choi and Sugar Snaps

5

itsu 30-35 Minutes • Mild Spice • 1 of your 5 a day



Garlic Clove



Pak Choi



British Chicken Breasts



Breadcrumbs



Black Sesame Seeds



Sugar Snap Peas



Udon Noodles



itsu chicken ramen brilliant'broth



Sriracha Sauce

In collaboration with itsu  **itsu**
eat beautiful

Discover restaurant quality ingredients for creating Asian-inspired, health[er] meals at home.

Pantry Items

Oil, Salt, Pepper, Egg

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Garlic press, baking paper, rolling pin, bowl, frying pan, baking tray and saucepan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--|-----------|------------|-----------|
| Garlic Clove** | 2 | 3 | 4 |
| Pak Choi** | 1 | 1½ | 2 |
| British Chicken Breasts** | 2 | 3 | 4 |
| Breadcrumbs 13) | 50g | 75g | 100g |
| Black Sesame Seeds 3) | 5g | 7g | 10g |
| Sugar Snap Peas** | 80g | 120g | 150g |
| Udon Noodles 13) | 220g | 330g | 440g |
| itsu chicken ramen brilliant'broth** 3) 11) 13) | 1 carton | 1½ cartons | 2 cartons |
| Sriracha Sauce | 15g | 22g | 30g |
| Pantry | 2P | 3P | 4P |
| Egg* | 1 | 1 | 1 |
| Salt for the Breadcrumbs* | ¼ tsp | ¼ tsp | ½ tsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 695g | 100g |
| Energy (kJ/kcal) | 3430 /820 | 494 /118 |
| Fat (g) | 31.0 | 4.5 |
| Sat. Fat (g) | 5.6 | 0.8 |
| Carbohydrate (g) | 67.0 | 9.6 |
| Sugars (g) | 15.0 | 2.2 |
| Protein (g) | 70.4 | 10.1 |
| Salt (g) | 11.34 | 1.63 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Start the Prep

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press). Trim the **pak choy**, then separate the leaves. Cut any larger leaves in half lengthways down the middle.



Stir-Fry Time

Meanwhile, give the frying pan used for the **chicken** a quick wipe clean.

Heat a drizzle of **oil** in the (now empty) frying pan on high heat.

Add the **pak choy** and **sugar snap peas**. Stir-fry until just soft, 3-4 mins.

Add the **garlic**. Stir-fry for 1 min.

Add the **udon noodles** to the pan. Toss, using a fork to gently separate them. Simmer until piping hot, 1-2 mins.



Bash the Chicken

Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with a rolling pin or the bottom of a saucepan until it's 1-2 cm thick. Season with **salt** and **pepper**.

Crack the **egg** (see pantry for amount) into a medium bowl and whisk. Put the **breadcrumbs** and **sesame seeds** into another bowl and season with **salt** (see pantry for amount) and **pepper**.

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to a clean plate. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.



Warm the Broth

Meanwhile, give the **ramen broth** a good shake, then in a large saucepan, warm the **itsu chicken ramen brilliant'broth** on medium-high heat until simmering and piping hot, 3-4 mins.

When everything's ready, slice the **chicken**.



Bake the Chicken

Pop a large frying pan on high heat and add enough **oil** to coat the bottom of the pan. **TIP:** You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.

Once hot, carefully lay the **chicken** into the pan and fry until golden brown, 2-3 mins on each side. Adjust the heat if necessary.

Transfer the **chicken** to a baking tray and bake on the middle shelf of your oven until cooked through, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Discard the oil from the chicken pan.



Serve

Divide the **noodles** and **veg** between bowls and pour over the **hot broth**.

Top with the **sliced chicken**.

Drizzle over the **sriracha** to finish.

Enjoy!