



Cooking Made Easy

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Chicken Yakitori with Red Onions & 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 "Banzaaiiii!"

 40 min

 lactose free



Spring Onion



Green Beans



Red Onion



Garlic Clove



Chicken Thighs



Chinese Rice Vinegar



Soy Sauce



Lime



Sweet Chilli Sauce



Fish Sauce



Plain Flour



Egg Noodles



Skewers

Ingredients

	2P	4P
Spring Onion, sliced	1½	3
Green Beans	1 pack	2 packs
Red Onion, sliced	1	2
Garlic Clove, diced	1	2
Chicken Thighs	3	6
Chinese Rice Vinegar 1	1 tbsp	2 tbsp
Soy Sauce 2, 3	1 tbsp	2 tbsp
Lime	½	1
Sweet Chilli Sauce	2 tbsp	4 tbsp
Fish Sauce 4	1 tbsp	2 tbsp
Plain Flour 3	1 tbsp	2 tbsp
Egg Noodles 3, 5	1-2 nests	3 nests
Skewers	4	8

🌱 May feature in another recipe

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

Allergens

1) Sulphites | **2)** Soya

3) Gluten | **5)** Fish

5) Egg

Nutrition per serving: Calories: 483 kcal | Protein: 33 g | Carbs: 72 g | Fat: 7 g | Saturated Fat: 2 g



1 Slice the spring onions into thin discs, separating the white and the green parts. Cut the very top and bottom off the green beans (i.e. ‘top and tail’ them). Peel the red onion, slice lengthways through the root and thinly slice. Peel and finely dice the garlic and chop the chicken into small bite-sized pieces.



2 Mix the garlic, chicken, rice vinegar and soy sauce in a bowl. Put the bowl in the fridge for 10 mins. Meanwhile, soak your wooden skewers in water (to stop them burning later). Boil a pot of water for your noodles with ¼ tsp of salt.



3 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. Mix the lime juice with the sweet chilli sauce and fish sauce.



4 Mix the red onion with the flour and a pinch of salt and pepper in a bowl. Heat 1 tbsp of oil on high heat in a non-stick pan. Fry off the onion in small batches until completely crispy and brown. Keep to the side (preferably on kitchen towel).

5 Cook the 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.

7 Heat 1 tbsp of oil in a non-stick pan on high heat. Cook the whites of the spring onion for 30 seconds, add the green beans and cook for 3 mins. 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!