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Zesty Citrus Chicken and Ginger Stir Fry

This stir-fry balances a range of flavours, to create a dish that would feel at home in any Asian eatery. One of those flavours is muscovado sugar, (AKA Barbados Sugar). This tasty little ingredient owes its distinctive dark colour to a high content of molasses; a thick, honey-like liquid that we know more commonly as treacle. Combined with ginger, sesame and soy sauce, a connoisseur might call this a perfect little symphony. We just say it tastes awesome.



20 mins



lactose
free



healthy



Chicken Breast



Green Beans



Orange



Garlic Clove



Egg Noodles



Ginger



Soy Sauce



Cornflour



Muscovado Sugar



Beansprouts



Sesame Seeds



Lime

Ingredients

	2P	4P
Chicken Breast	2	4
Green Beans	1 pack	2 packs
Orange	½	1
Garlic Clove, chopped	1	2
Egg Noodles 1, 2	1-2 nests	3 nests
Ginger, chopped	1 tbsp	2 tbsp
Soy Sauce 2, 3	1½ tbsp	3 tbsp
Cornflour	1 tbsp	2 tbsp
Muscovado Sugar ⊕	½ tbsp	1 tbsp
Beansprouts	½ bag	1 bag
Sesame Seeds 4	½ tbsp	1 tbsp
Lime	½	1

⊕ May feature in another recipe

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

Allergens

1) Egg | 2) Gluten
3) Soya | 4) Sesame

Nutrition per serving: Calories: 551 kcal | Protein: 42 g | Carbs: 82 g | Fat: 6 g | Saturated Fat: 1 g



1 Boil a pot of water. Slice the chicken into thin strips and cut the very tops and bottoms from your green beans. Zest the skin of half the orange (not the bitter white part underneath) before cutting the orange in half and squeezing its juice into a bowl. Lastly peel and finely chop your garlic.



2 Cook your noodles in the boiling water for 4 mins. **Tip:** *The amount you use depends on how hungry you are!* Drain the noodles in a colander and then put them back in the pot. Cover them with cold water and leave on the side until later.



3 Peeling ginger is really easy. Just scrape the edge of a spoon across the ginger to peel off its skin. Super quick and minimal waste! Now chop up the ginger very finely.



4 Combine the garlic, ginger, orange zest, orange juice, soy sauce, cornflour and sugar in a bowl. Mix everything together for a couple of mins with a fork, until the cornflour has completely incorporated into the mixture.

5 Heat 2 tsp of olive oil in a frying pan on high heat until it is almost smoking hot, then add in half the chicken. Cook it for a couple of mins until it has browned off and cooked through. Remove from the pan and repeat the process. By cooking in batches you brown off the meat rather than stew it. **Tip:** *The chicken is cooked when no longer pink in the middle.*

6 Add the green beans in with all of the chicken and stir-fry for a minute. Next, give your orange marinade another good stir, pour it into the pan and coat all of the ingredients.

7 As soon as you have coated all of the ingredients, take the noodles out of the water (don't worry that they are wet as this will just add to your sauce) and add to the pan. Toss the ingredients together and add all but a few of the beansprouts (keep some for the garnish).

8 Serve your stir-fry with a sprinkle of sesame seeds and beansprouts, then finish it off with a good squeeze of lime juice.

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