



More Than Food
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Grilled Chicken Ramen with Udon Noodles and Spring Greens

Have you heard of Tokyo's bullet train? That train goes seriously fast - almost as fast as it takes to make a delicious HelloFresh dinner! Before HelloFresh it seems that our Chef André was QUITE the jet-setter. It was just before he got on Tokyo's famous bullet train, that he had the steaming chicken ramen that inspired this dish.



40 mins



lactose free



family box



healthy



Chicken Thigh (6)



Chinese 5 Spice (1 tsp)



Carrot (2)



Onion (1)



Leek (1)



Spring Greens (1 bag)



Garlic Clove (2)



Ginger (1 tbsp)



Coriander (10 tbsp)



Cinnamon Stick (1)



Lime (1)



Chicken Stock Pot (2)



Udon Noodles (300g)



Soy Sauce (1 tbsp)

Ingredients

4 PEOPLE ALLERGENS

Chicken Thigh	6	
Chinese 5 Spice	1 tsp	
Carrot, sliced	2	
Onion, sliced	1	
Leek, sliced	1	
Spring Greens, chopped	1 bag	
Garlic Clove, grated	2	
Ginger, grated	1 tbsp	
Coriander, chopped	10 tbsp	
Cinnamon Stick	1	
Chicken Stock Pot	2	
Lime	1	
Udon Noodles	300g	Gluten
Soy Sauce	1 tbsp	Gluten, Soya

Nutrition per serving: Calories: 506 kcal | Protein: 32 g | Carbs: 33 g | Fat: 21 g | Saturated Fat: 5 g

 Our fruit and veggies are super fresh, so they need a little wash before cooking!

LH Step for little hands

Did you know...

Ramen noodles were the first ever noodles consumed in space!



1 Pre-heat your grill to medium-high. **LH:** Marinate the **chicken thighs** by mixing them with the **Chinese 5 spice**, $\frac{1}{4}$ tsp of **salt**, a good grind of **black pepper** and 1 **tbsp** of **oil**. Leave to marinate while you chop the veggies.



2 Chop the tops and bottoms off the **carrots** and then peel them. Cut in half lengthways and then with the flat side on the board, cut the **carrots** into half moon shapes, roughly $\frac{1}{2}$ cm thick. Cut the **onion** in half through the root, peel, remove the ends and slice thinly into half moon shapes. Remove the root and dark green parts from the leek and discard. Chop the rest of the leek into $\frac{1}{2}$ cm slices. Chop the root from the **spring greens** and separate the leaves. Roughly chop the leaves into 2cm wide strips.



3 Peel both the **garlic** and **ginger** then grate them on the fine side of your grater. Tear the leaves from the **coriander** and chop the stalks as finely as you can. Keep the leaves whole.



4 Heat a saucepan over medium heat and add 1 **tbsp** of **oil**. Add the **carrots**, **onions** and **leeks** to the pan and cook for 5 mins or until they begin to soften, stirring frequently to prevent them from burning. Stir in the **garlic**, **ginger**, **cinnamon stick** and chopped **coriander**. Cook for another minute and pour in 1.5l of **water**. Bring to the boil, add in the **chicken stock pots** and reduce the heat to low. Leave your broth to bubble away on low heat for 15 mins while you grill the **chicken**.

5 Place the **chicken thighs** on a baking tray under your grill and cook for 15 mins. After 7 mins, turn the **chicken thighs** over and cook for a further 7-8 mins or until the flesh is no longer pink. Once your **chicken** is cooked, slice it into thin strips roughly $\frac{1}{2}$ cm thick.

6 Whilst the **chicken** is cooking, zest and squeeze the juice from the **lime**. Check the vegetables in your broth are soft and cooked through and stir in your **spring greens**. Cook for 3 mins or until they have wilted. Stir in the **udon noodles** and warm through. Season with the **soy sauce**, and the juice and zest of your **lime**.

7 Spoon your broth into deep bowls, making sure everyone gets a fair share of the **noodles** and top with your sliced **chicken**. Garnish with the **coriander** leaves and slurp away!

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