

DINNERLY



Low-Cal Sticky Soy Chicken Thigh Noodles with Capsicum and Toasted Sesame



25 minutes



2 Servings

Think eating light means eating boring? Not in our book! Our low-cal recipes have all the punchy flavour and excitement you'd expect from us, with less than 599 calories per serve.

WHAT WE SEND

- 1 capsicum
- 1 carrot
- 1 garlic clove
- chicken thigh fillets
- 70g stir-fry sauce ^{1,2}
- 150g vermicelli noodles
- 2 x 5g toasted sesame seeds ¹

WHAT YOU NEED

- 2 tsp soy sauce ²
- 1 tsp white vinegar
- 1 tsp honey
- vegetable oil spray
- 1 tsp vegetable oil

TOOLS

- medium saucepan
- medium deep frypan

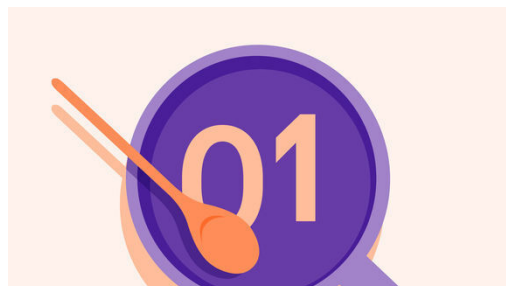
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Sesame (1), Soy (2). May contain traces of other allergens.

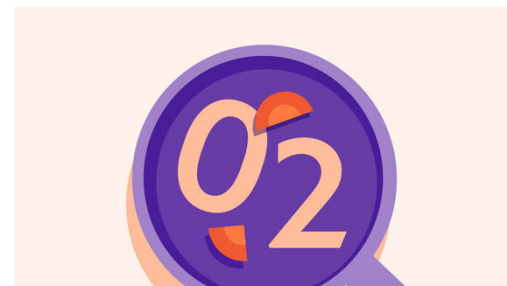
NUTRITION PER SERVING

Energy 599kcal, Fat 13.5g, Carbs 79.7g, Protein 36.3g



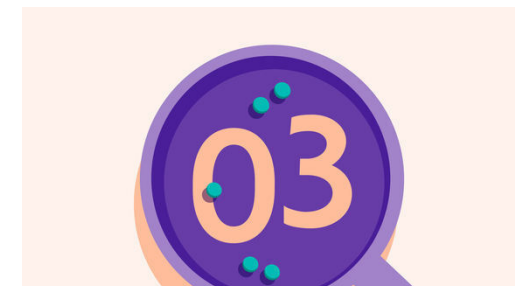
1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Thinly slice the **capsicum**. Thinly slice the **carrot** on an angle. Crush or finely chop the **garlic**. Thinly slice the **chicken**, then season with **salt and pepper**.



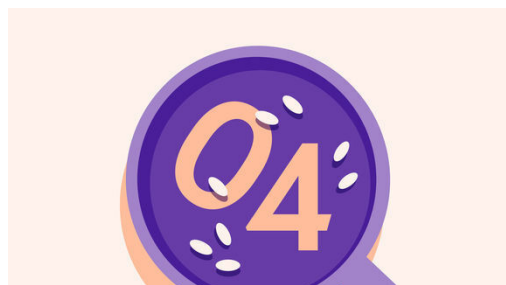
2. Make sauce

Combine the **garlic**, **stir-fry sauce**, **2 tsp soy sauce**, **1 tsp white vinegar**, **1 tsp honey** and **2 tsp water** in a bowl. Season with **pepper**.



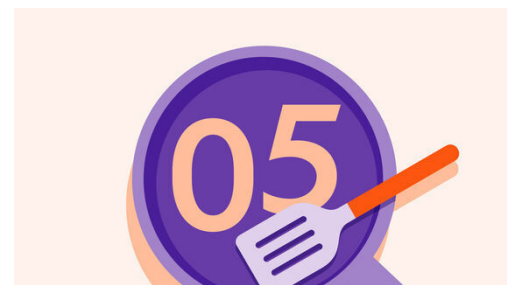
3. Stir-fry chicken and veg

Heat a medium deep frypan over high heat. Spray the **chicken** with **vegetable oil**, then stir-fry for 4-5 mins until browned and cooked through. Remove from the pan. Heat **1 tsp vegetable oil** in the pan. Stir-fry the **capsicum** and **carrot** for 6-7 mins until tender and lightly charred (see Kitchen 101). Remove the pan from the heat.



4. Cook noodles

Meanwhile, cook the **noodles** in the pan of boiling water for 7 mins or until tender. Drain, then rinse under hot water to prevent the noodles from sticking.



5. Serve up

Add the **chicken**, **noodles** and **sauce mixture** to the veggies and cook, tossing, over medium-heat heat for 1 min or until combined. Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **stir-fry** among bowls, scatter over the **sesame seeds** and enjoy!



6. Kitchen 101

Add a little water to the pan while stir-frying the veggies to create steam and ensure they cook without burning, or without the need for more oil.