

Chicken Teriyaki Noodles

Delicious take on Teriyaki Noodles

Serves: 2

Oven Temp:

Prep Time: 20 mins

Cooking Time: 20 mins

Ingredients

Qty	Ingredient
1 tablespoons	Peanut oil
2 whole	Chicken breast; sliced into bite size pieces
5 whole	Spring onions; sliced into small rings
2 cm	Ginger; peeled and finely chopped
2 cloves	Garlic; finely chopped
175 ml	Teriyaki sauce; Sainsburys sachet
100 grams	Mangetout; chopped into 1cm pieces
100 grams	Baby sweetcorn; chopped into 1cm pieces
1 teaspoon	Sesame oil
1 teaspoon	Sesame seeds
200 grams	Egg noodles
200 grams	Cannellini beans



Method

- | Step | Instruction |
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| 1 | The ingredients have been listed in the order in which you add them to your dish. |
| 2 | Slice the chicken breasts into about four pieces each and then put into a steamer for 12-15 minutes until cooked through. This ensures that the chicken is cooked through and remains moist. If you fry it off in the wok (which you can do), there is a risk of it drying out. Dice the chicken into smaller pieces once cooked. |
| 3 | Bring the wok up to temperature with the peanut oil and add the chicken. Ensure that the chicken is coated in the oil otherwise it will stick to the sides of the wok. Give it just a little colour, but don't over cook it, otherwise the process in step two is wasted. You may find that a lot of water comes out of the chicken, which you'll need to pour off otherwise you'll end up poaching the chicken. You may need to add another 1/2 tablespoon of oil after the water is removed. |
| 4 | Add the spring onions and cook until they have softened. |
| 5 | Add the garlic and ginger, and also soften. |

- 6 Add the sachet of Teriyaki sauce and marinate the chicken for 5 minutes. You may also add an additional teaspoon of Teriyaki sauce if desired. You may need to add a couple of cups of water as the Teriyaki sauce can reduce down too much making the dish dry.
- 7 Add the mangetout and baby sweetcorn and cook through until they have softened.
- 8 Add the sesame seed oil and seeds. Stir through.
- 9 Add the egg noodles and gently stir through breaking them up and mixing them with the other ingredients. Heat the egg noodles through.
- 10 Add the cannellini beans and gently stir through. Be careful as they are already soft and will break up. Ensure that the beans are properly warmed through.
- 11 Serve on warmed plates. This will serve two huge plates of Teriyaki Chicken. Enjoy!

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