

Vietnamese Lemongrass Chicken and Glass Noodle Bowl

hellóchef

Light and full of fresh flavours!

Cals 794 • Prot 58 • Carbs 98 • Fat 23

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🕒 cook: 25 min

R3039



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Lemongrass	1	1	1	Piece
Garlic cloves	2	3	4	Piece
Sweet soy sauce 9* , 10* , 11* , 14*	20	20	40	ML
Fish sauce 6* , 10*	10	10	20	ML
Agave syrup	15	20	30	Grams
Brown sugar	5	10	10	Grams
Vegetable oil	2	3	4	Tbsp
For bowls				
Glass noodles	100	200	200	Grams
Carrot	1	1	2	Piece
Bean sprouts	50	75	100	Grams
Large red chilli	1	2	2	Piece
Fresh coriander	15	15	15	Grams
Fresh mint	10	10	10	Grams
Salted peanuts 1*	40	60	80	Grams
Dressing				
Rice vinegar	15	22	30	ML
Soy sauce 9* , 10* , 11*	20	30	40	ML
Sesame oil 3* , 9*	15	22	30	ML
Vegetable oil	2	3	4	Tbsp
Honey	15	15	30	Grams
Lime	2	3	4	Piece
Chilli flakes	2	2	2	Grams
Sesame seeds 3*	10	15	20	Grams

Allergens

***9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *6 Fish, *1 Peanuts, *3 Sesame Seeds**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3321 / 794
Fat (g)	22.6
of which saturates (g)	3.3
Carbohydrate (g)	98
of which sugars (g)	29.4
Fiber (g)	8.5
Protein (g)	57.6
Salt (g)	7.3

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep glaze

Remove the dry outer layer of the **lemongrass** stalk. Finely slice a {10/15/20} cm piece of the **lemongrass**. Peel and mince the **garlic**. In a small bowl or glass, combine the **lemongrass, garlic, sweet soy sauce, fish sauce, agave syrup, brown sugar, vegetable oil** and a pinch of **salt**. Mix well. This is your **glaze**.



2 Fry and glaze

Heat a pan over a medium-high heat with a drizzle of **oil**. Fry the **chicken breasts** with a pinch of **salt** for 4-5 min on each side. Reduce the heat to medium-low and add the **glaze**. Cook for a final 2-3 min or until the **glaze** has reduced. Remove the pan from the heat and keep covered with a lid.



3 Mix dressing

Meanwhile, in a small bowl, combine the **rice vinegar, soy sauce, sesame oil, vegetable oil** and **honey**. Juice the **limes**. Season the sauce with the **lime** juice and a pinch of **chilli flakes (spicy!)**. Add the **sesame seeds** and a pinch of **salt**. Mix well. This is your **dressing**.



4 Prep extras

Meanwhile, peel the **carrots** and cut them into thin matchsticks. Rinse and dry the **bean sprouts**. Finely slice the **chilli**. Pick the **coriander** and **mint** leaves.



5 Soak noodles

Meanwhile, boil a kettle. Pour the boiling water over the **noodles** and cover for 3 min. Drain the **noodles** in a colander and immediately divide them among shallow bowls.



6 Serve

Slice the **chicken** and top the **noodles** with it. Drizzle with the **glaze** from the pan. Add the **carrots, bean sprouts, chilli (spicy!), coriander, mint** and **peanuts**. Drizzle with the **sesame dressing** and serve immediately.