



TERIYAKI CHICKEN NOODLES

WITH PEANUTS AND SESAME SEEDS

DIFFICULTY: Easy | SERVES: 4 | READY IN: 45 minutes

A noodle salad that's warming enough for winter! These teriyaki chicken noodles feature soba noodles and plenty of veggies, plus peanuts and sesame seeds for extra crunch.



DRESSING

- 2 cloves garlic
- 1/4 cup soy sauce (60ml)
- 2 1/2 Tbsp honey
- 2 Tbsp rice vinegar
- 2 tsp cornflour dissolved in 2 Tbsp cold water
- 1 Tbsp sesame oil
- 1 tsp grated ginger

SALAD

- 2 carrots
- 1/4 small red or green cabbage

- 2 spring onions
- 160g dried soba noodles (5.6oz)
- 1/3 cup roasted, salted peanuts (67g) *optional*
- 50g salad sprouts (1.8oz) *optional*

CHICKEN

- 600g boneless, skinless chicken thighs (1lb 5oz)
- 2 Tbsp sesame seeds
- 2 tsp peanut oil or rice bran oil

1. MAKE DRESSING

Crush garlic. Place in a bowl or jug with remaining dressing ingredients and whisk to combine.

2. PREPARE SALAD

Spiralise, julienne or finely slice carrots into thin strips. Finely shred cabbage. Thinly slice spring onions.

3. Bring a medium saucepan of water to the boil. Add noodles and cook for 5 minutes, until tender. Drain and rinse under cold water.

4. COOK CHICKEN AND MAKE SALAD

Dice chicken into 2cm / 0.8in pieces. Season with salt and pepper. Heat a large wok on medium-high. Add sesame seeds, toasting until lightly golden. Remove into a bowl and set aside.

5. Increase heat to high and add oil to wok. Stir fry chicken until golden brown and cooked through.

6. Reduce heat to medium and add dressing to wok. Cook for a couple of minutes, until bubbling and reduced a little. Add carrots, cabbage and noodles and toss to combine. Quickly toss through peanuts and sprouts, if using.

7. SERVE

Divide salad between warmed serving bowls and top with spring onions and sesame seeds. Also delicious with a dollop of Japanese mayonnaise!



WINE MATCH: An off-dry Riesling.

TERIYAKI CHICKEN NOODLES RECIPE NOTES

GLUTEN-FREE OPTION: Use gluten-free soy sauce and gluten-free cornflour. If you can't find gluten-free soba noodles (100% buckwheat, rather than a combination of buckwheat and wheat flour) try rice vermicelli instead.

INGREDIENT SWAPS / NOTES: Brown sugar can be used instead of honey. You could use pre-cooked Singapore noodles instead of soba noodles (no need to boil first). Diced chicken tenderloins will work in place of the chicken thighs.

STORING AND REHEATING: Refrigerate individual portions in containers. Reheat in the microwave. Leftover salad can also be eaten cold.