



UCOOK

Sticky Chicken on the Bone

with egg noodles & green beans

Chicken is cooked and caramelized with spring onion whites, soy sauce, sesame oil, and crunchy green beans. This saucy, sticky deliciousness is served on a bed of tender egg noodles, and is topped off with nutty sesame seeds and a lemon wedge for zing. Quick, easy and oh so tasty!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Sarah Hewitt

 Fan Faves

 Waterford Estate | Waterford Elgin Sauvignon Blanc 2021

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Ingredients & Prep

6	Free-range Chicken Thighs
2	Spring Onions
240g	Green Beans
3	Garlic Cloves
30g	Fresh Ginger
202,5ml	Sticky Sauce <i>(45ml Low Sodium Soy Sauce, 45ml Sesame Oil, 22,5ml Honey & 90ml Thai Sweet Chilli Sauce)</i>
2	Lemons <i>1½ cut into wedges</i>
3 cakes	Egg Noodles
15ml	White Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. STICKY CHICKY Boil the kettle. Pat the chicken pieces dry with paper towel and season. Place a pan or wok over a medium heat with a drizzle of oil. When hot, add the chicken, skin side down, and fry for 10-12 minutes until golden. Flip and fry for a further 10-12 minutes until cooked through. Remove from the heat on completion.

2. PREP STEP While the chicken is frying, roughly slice the spring onions, keeping the white and green parts separate. Rinse, trim, and slice the green beans into thirds. Peel and grate the garlic and ginger. In a bowl, combine the spring onion whites, the sticky sauce, the grated garlic and ginger, a squeeze of lemon juice, and a pinch of salt.

3. OODLES OF NOODLES Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain on completion and toss through some oil to prevent sticking.

4. STICKY STEP Drain any excess oil from the pan or wok with the chicken. Return, with the chicken, to a medium-high heat. Deglaze the pan with a splash of water. Add the sticky sauce mixture and the sliced green beans. Leave to simmer for 3-4 minutes until the sauce has thickened, flipping the chicken halfway. Season to taste.

5. LET'S EAT! Make a bed of the tender egg noodles. Top with the sticky chicken and the green beans. Pour over the sauce from the pan. Sprinkle over the spring onion greens and the sesame seeds. Side with any remaining lemon wedges. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	805kJ
Energy	192kcal
Protein	12g
Carbs	38g
of which sugars	5.4g
Fibre	1.1g
Fat	9.4g
of which saturated	2.2g
Sodium	240mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Soy

Cook
within 3
Days