

Honey and soy chicken sauteed with snow peas and grilled peanut served on chines noodles

Recipe for 4 persons



Description

Chicken stir fry with aromas of honey and soy sauce served with snow peas and roasted peanuts served on chines noodles .

Note

You can serve this recipe with steamed rice or rice vermicelli.

Ingredients

For honey and soy marinated chicken

- 8 Unit(s) Boneless chicken thigh
- 1 Unit(s) Onion
- 50 Gr Fresh ginger
- 300 Gr Snow peas
- 6 Sprig(s) Fresh cilantro
- 50 Gr Peanuts
- 200 Gr Sprouted soybeans
- 60 Gr Honey
- 60 Ml Soy sauce
- 1 Unit(s) Carrot
- 20 Ml Lemon juice
- 20 Ml Chili paste (sriracha)
- 2 Head(s) Garlic
- Vegetable oil
- Salt and pepper

Chinese noodles

- 250 Gr Chinese noodles
- 50 Ml Soy sauce
- 25 Gr Peanuts
- 25 Gr Fresh ginger
- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **30 mins**
- Preheat your **Four** at **400 F°**

General preparation

Cut chicken thighs into strips. Peel and julienne the carrot Chop the onion. Trim the snow peas. Chop the ginger. Chop the coriander and the garlic. Place the peanuts on a baking sheet and let them roast in the oven for 5 to 8 minutes. Coarsely chop the peanuts with a knife. In a bowl mix the Soya sauce, the lemon juice, the hot sauce and the honey In a boiling pot of water cook the noodles with ginger, than rinse them in cold water than add a bit of oil to make sure they won't stick

Chicken sautéed preparation

In a large skillet or wok, drizzle of vegetable oil and fry the chicken for about 3-4 minutes, until browned, deglaze with half the sauce then transfer on baking sheet and cook in the oven for 10 minutes In a large skillet or wok, drizzle of vegetable oil and caramelize the onions for 3 minutes. Add the carrots and the peas and cook for around 3 minutes making sure you keep them crispy than deglaze withe the left over of mixed sauces, add the cooked chicken, Sprouted soybeans, the garlic, the ginger, the peanuts and saute for a few seconds.

Noodles preparation

In a hot nonstick skillet, drizzle some oil and stir fry the noodles to heat them up, than add the soya sauce and the peanuts. sauté the noodles a minutes Season with salt and pepper to taste than serve

To serve

In each plate, present a portion of noodle than add on top a portion chicken and vegetables stir-fry than garnish the plate with few coriander leaves.

Bon appétit!