



# WEEK 3

## WEDNESDAY DINNER

### Lynsey's Chicken & Soba Noodles

Lynsey Balfe started her chef career five years ago in Co. Kildare. She is currently a Junior sous chef at Puke and Periwig in Dublin.

**Serves 2 (each serving contains approximately 440 kcal)**

#### Ingredients

250g pak choy  
2 scallions  
1 small red pepper  
200g sugar snap peas  
1 mild red chilli (optional)  
2 boneless and skinless chicken fillets  
100g soba noodles

1 tablespoon rice vinegar (15g)  
1 tablespoon reduced sodium soy sauce (15g)  
1 teaspoon honey (5g)  
1 teaspoon toasted sesame oil (5g)  
½ lemon  
1 teaspoon toasted sesame seeds (5g)



#### Method

Trim and shred the pak choy. Trim and finely slice the scallions. Remove the seeds from the red pepper and cut into very thin slices. Cut the sugar snap peas in half.

Cut the chilli in half, if using and remove the seeds, then finely chop.

Using a tongs, place the chicken fillets in a pan and just cover with water. Bring to the boil over a high heat, then reduce the heat to low and simmer for 4 minutes or until the chicken is cooked through and tender. Test with a sharp knife to ensure the juices are running clear.

Meanwhile, make the dressing, place the red chilli in a bowl, if using and add the rice vinegar, soy sauce, honey and sesame oil. Remove any pips from the lemon and then squeeze in the juice. Whisk until evenly combined.

Transfer the cooked chicken to a plate and leave to cool, then using two forks shred the meat into small pieces.

Place the noodles in a pan of boiling water and simmer for 4 minutes until tender.

Drain into a colander in the sink and rinse briefly to prevent further cooking.

Tip the soba noodles and pea mixture into a large bowl and fold in the chicken with the dressing. Add the pak choy, sugar snap peas, red pepper and scallions and mix again until evenly combined. Divide the chicken and soba noodles into bowls and scatter over the sesame seeds to serve.