

SESAME CRUSTED CHICKEN

*with egg noodles & julienne crudit
pomegranate & mint sauce*

Ingredients

1 packet Chinese egg noodles
2-3 medium size Carrots – cut into Julienne
1 red pepper – cut into thin strips
1 yellow pepper – cut into thin strips
Hannay's Chilli Mint Sauce
1 English cucumber – cut into Julienne
Sesame Seeds – slightly toasted in oven
Chicken breast Fillet – cut into strips and
pan-fried golden brown
Cherry tomato – cut into ½ or ¼
Pickled ginger
Fresh coriander leaves – handful

Method

Place the noodles in a bowl and pour boiling water over and allow soaking for 10 minutes.

Season with salt.

The noodles should be soft with a slight crunch and firmness.

Pan-fry the chicken strips in butter and seasoning.

Allow to slightly cool and dust or roll in the sesame seeds.

All dependant on how much you wish to have.

Now, combine all the ingredients, drizzle with pomegranate & Chilli Mint Sauce.

