FRESH & COOL

Lemongrass Chicken Noodle Bowls

PREP	COOK	SERVES
35 min	15 min	4

Caramelised lemongrass chicken over cool rice noodles, crunchy vegetables, herbs and a sharp lime dressing.

Ingredients

For the chicken

- 600 g boneless chicken thighs, thinly sliced
- 2 lemongrass stalks, tender part only, finely chopped
- 3 garlic cloves, crushed
- 2 tbsp fish sauce
- 1 tbsp sugar
- 1 tbsp oil
- 1 tsp black pepper

For the dressing

- 3 tbsp lime juice
- 2 tbsp fish sauce
- 1 tbsp sugar
- 1 small red chili, finely chopped
- 1 garlic clove, crushed
- 4 tbsp warm water

For the bowls

- 250 g dried thin rice vermicelli
- 1 cucumber, cut into matchsticks
- 2 carrots, cut into matchsticks
- Lettuce leaves, shredded
- A big handful of mint, coriander and basil
- 4 tbsp roasted peanuts, crushed

Method

1. Mix the chicken with the lemongrass, garlic, fish sauce, sugar, oil and pepper. Leave to marinate for at least 30 minutes, or up to 4 hours in the fridge.
2. Whisk the dressing ingredients together, stirring until the sugar dissolves.
3. Cook the vermicelli according to the packet, rinse under cold water and drain well.
4. Heat a large frying pan until very hot and fry the chicken in two batches for 4 to 5 minutes, until caramelised at the edges and cooked through.
5. Divide the lettuce, noodles, cucumber and carrots between four bowls. Top with the chicken and herbs.
6. Spoon over the dressing and finish with crushed peanuts.

Cook's tip

Fry the chicken in batches. A crowded pan steams the meat instead of caramelising it.