



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: SESAME SEEDS

These little white or black seeds add flavour and crunch to salads, noodles, stir-fries and baked goods. Toast in a dry frypan to bring out their subtle nutty flavour.

1. STIR-FRIED NOODLES

WITH FRIED EGGS

 20 Minutes

 2 Servings

Stir-fried egg noodles, chicken and vegetables served at the table with a sprinkle of sesame seeds and sunny eggs.

FROM YOUR BOX

EGG NOODLES	1 packet (200g)
SESAME SEEDS	1 packet (30g)
CHICKEN MINCE	200g
SHALLOT	1
RED CAPSICUM	1
PAK CHOY	2 bulbs
CHIVES	1/3 bunch *
FREE-RANGE EGGS	2-4

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter (for cooking), salt, pepper, curry powder, soy sauce

KEY UTENSILS

saucepan, frypan, large pan or wok

NOTES

We used sesame oil for this dish, but any oil works fine!

Scramble and toss the eggs through the noodles if you prefer!

No gluten option - noodles are replaced with rice noodles.



1. BOIL THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook for 2-3 minutes or until tender. Drain and rinse.



2. TOAST SESAME SEEDS (OPTIONAL)

Toast sesame seeds until golden in a large dry pan. Set aside in a small serving bowl, keep pan over medium-high heat.



3. STIR-FRY CHICKEN & VEGETABLES

Add chicken mince and **1 tbsp oil** to heated pan. Season with **1-2 tsp curry powder** and cook until sealed. Slice shallot and capsicum, chop pak choy. Add to pan as you go and cook until softened to your liking.



4. TOSS IN THE NOODLES

Toss noodles into pan along with **1 tbsp soy sauce** (use to taste). Chop and stir through chives, take off heat.



5. FRY THE EGGS

In the meantime, heat a separate frypan with **oil/butter** over medium-high heat. Crack in the eggs and cook to your liking (see notes). Season with **salt and pepper**.



6. FINISH AND SERVE

Serve stir-fried noodles topped with fried eggs and sesame seeds.