



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: SOBA NOODLES

Soba noodles are Japanese. Some are made with buckwheat only, others with a mix of buckwheat and wheat. They have a nutty, delicate taste, and go well with flavour-packed dressings — like in this dish!



2. CHICKEN NOODLE STIR FRY

Easy and quick? Yep! Boring and bland? Not in the slightest! Enjoy this chicken noodle stir fry with a sprinkle of crunchy cashews.

 25 Minutes

 2 Servings

23 March 2020

FROM YOUR BOX

CHICKEN BREAST FILLET	300g
SOBA NOODLES	1 packet
GINGER	20g *
SPRING ONIONS	1/4 bunch *
BABY WOMBOK CABBAGE	1/2 *
RED CAPSICUM	1/2 *
CARROT	1
CASHEW NUTS	1/2 packet (30g) *

* Ingredient also used in another recipe

FROM YOUR PANTRY

soy sauce, pepper, sweet chilli sauce, white or rice wine vinegar, sesame oil

KEY UTENSILS

frypan, saucepan

NOTES

If you prefer a warm dish, cook the vegetables in a wok, then add sauce and noodles.

Toss the sliced chicken through the salad to serve.

No gluten option - soba noodles are replaced with rice noodles. Cook in boiling water for 2-3 minutes or until tender. Drain and rinse.



1. COOK THE CHICKEN

Heat a frypan over medium-high heat. Season chicken with **2 tsp soy sauce, 1 tbsp sesame oil and pepper**. Cook for 8-10 minutes on each side or until cooked through. Set aside on a chopping board.



2. COOK THE NOODLES

Bring a saucepan of water to the boil. Cook noodles as per packet instructions. Drain and rinse.



3. MAKE THE DRESSING

Grate 1/2 tbsp ginger into a small bowl. Add **2 tbsp sesame oil, 1 tbsp soy sauce, 1 tbsp vinegar, 1 tbsp sweet chilli sauce, and 1 tbsp water**. Whisk to combine.



4. PREPARE THE VEGETABLES

Thinly slice spring onions (keep some green tops for garnish), wombok and capsicum. Julienne the carrot. Place all into a large bowl and toss (see notes).



5. TOSS THE NOODLES

Toss noodles with half the dressing.

Roughly chop cashew nuts and slice chicken.



6. FINISH AND PLATE

Serve noodles in bowls. Top with sliced chicken (see notes), salad, a drizzle of remaining dressing and cashew nuts.