



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BABY CORN

Baby corn is simply corn that has been harvested early while the stalks are still small. It is eaten whole (cob included), raw or cooked. Baby corn is common in stir-fry dishes



2. FIVE SPICE CHICKEN NOODLES

Five spice chicken tenderloins served with a noodle and vegetable stir-fry finished with crispy shallots.

 20 Minutes

 4 Servings

10 February 2020

FROM YOUR BOX

GARLIC CLOVES	1-2
CHICKEN TENDERLOINS	600g
NOODLES	1 packet
SPRING ONIONS	3
RED CAPSICUM	1
BABY CORN	1 punnet
PAK CHOY	1 bunch
FRIED SHALLOTS	1 packet (30g)

* Ingredient also used in another recipe

FROM YOUR PANTRY

sesame oil (or other), pepper, Chinese five spice, soy sauce, honey

KEY UTENSILS

saucepan, large frypan or wok

NOTES

Serve noodles, veggies and chicken separate if you like! If you're not a fan of Chinese five spice, you can season with sweet chilli or hoisin sauce instead!



1. MAKE THE SAUCE

Bring saucepan of water to boil.

Combine crushed garlic with **1 tsp Chinese five spice, 1 tbsp honey, 3 tbsp soy sauce, 2 tbsp water and 2 tbsp sesame oil.**



2. COOK THE CHICKEN

Heat a large frypan or wok with **oil** over medium-high heat. Add chicken and cook for 3-4 minutes on each side. Add 1 tbsp of the sauce and turn to coat. Remove from pan once cooked through, see step 5.



3. COOK THE NOODLES

In the meantime, add noodles to boiling water and cook according to packet instructions or until cooked al dente. Drain and rinse under cold water.



4. PREPARE THE VEGETABLES

In the meantime, slice spring onions and capsicum, halve baby corn. Trim and roughly chop pak choy.



5. STIR-FRY THE VEGETABLES

Add prepared vegetables to heated pan. Stir-fry for 2-3 minutes or until tender and cooked to your liking. Stir in noodles and half of the sauce.



6. FINISH AND PLATE

Serve noodles and stir-fried veggies with five spice chicken tenderloins. Garnish with fried shallots. Spoon over remaining sauce and season with **pepper** to taste.