




**Product Spotlight:
Pak Choi**


A great, super versatile vegetable to boost the nutrition of your stir-fry! It provides good levels of vitamin C and antioxidants!



Teriyaki Chicken Noodles

Udon noodles tossed with stir-fried vegetables and a sweet teriyaki sauce made locally by The Ugly Mug Broth Kitchen topped with perfectly seared chicken tenderloins and garnished with sesame seeds.

 25 minutes

 2 servings

 Chicken

28 July 2023



Spice it up!

Add dried chilli flakes or fried shallots to garnish the dish if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	57g	5g	113g

FROM YOUR BOX

WHEAT NOODLES	1 packet
CHICKEN TENDERLOINS	300g
TERIYAKI SAUCE	1 jar (125ml)
ASIAN GREENS	2 bulbs
RED CAPSICUM	1
CARROT	1
MIXED SESAME SEEDS	1 packet

FROM YOUR PANTRY

sesame oil, 1 garlic clove

KEY UTENSILS

large frypan, saucepan

NOTES

You could cook the whole packet and save any leftovers for another meal.

Start preparing the vegetables while you wait for the chicken to cook. If you have 2 frypans you can cook the vegetables and chicken at the same time.

No gluten option – wheat noodles are replaced with rice noodles.



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1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add 2/3 packet noodles to boiling water and cook according to packet instructions or until al dente (see notes). Drain, rinse and set aside.



2. COOK THE CHICKEN

Coat tenderloins with 1/2 tbsp teriyaki sauce. Cook in a frypan with **sesame oil** over medium-high heat for 4-5 minutes each side or until cooked through (see notes). Remove from pan and set aside.



3. SAUTÉ THE VEGETABLES

Trim, quarter and rinse Asian greens. Slice capsicum and julienne or ribbon carrot. Wipe out and reheat frypan over medium-high heat with **sesame oil**. Add vegetables and cook for 5 minutes until softened.



4. TOSS THE NOODLES

Toss cooked noodles and remaining teriyaki sauce into pan along with **1 crushed garlic clove**. Cook for 2 minutes until combined.



5. FINISH AND SERVE

Divide noodles among bowls. Top with chicken and garnish with sesame seeds.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

