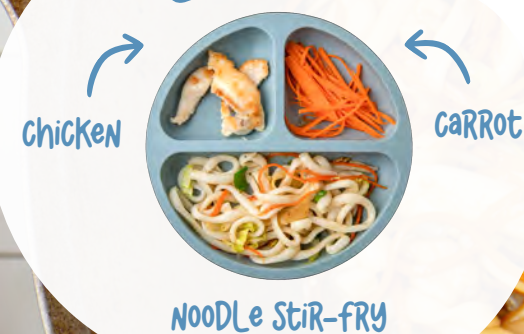


A2

DINNER TWIST
LOCAL, HEALTHY, DELIVEREDfor the
little ones

Sticky chicken uDon

Glossy hoisin chicken tossed with chewy udon noodles, tender veggies and sesame seeds.



25 Minutes



chicken



2 servings

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	7g	92g

FROM YOUR BOX

GARLIC CLOVE	1
HOISIN SAUCE	100ml
SPRING ONIONS	1 bunch
CARROT	1
CABBAGE	1/4
UDON NOODLES	2 packets
CHICKEN STRIPS	300g
SESAME SEEDS	1 packet

FROM YOUR PANTRY

oil for cooking, cornflour, soy sauce, vinegar (rice or white wine), honey or sugar

COOKING TOOLS

large frypan or wok, kettle

Serve the sticky chicken and veggies over sushi rice instead of udon noodles for easy rice bowls.

No gluten option – udon noodles are replaced with thick rice vermicelli noodles. Cook for 18-20 minutes or until al dente. Drain and rinse in cold water.



1. Make the Sauce

Crush **garlic**. Mix with **hoisin sauce**, **1 tbsp honey**, **3 tbsp soy sauce**, **1 tbsp rice vinegar** and **2 tbsp water**.

tip Add some grated ginger for an extra boost of flavour.



2. Prepare the Veggies

Slice **spring onions**, keeping some **green tops** for garnish. Grate or julienne **carrot**. Finely slice **cabbage** (use to taste).



3. Soften the Noodles

Boil the kettle. Place **udon noodles** in a large bowl. Cover with **hot water** and soak for 1 minute. Gently loosen with tongs, then drain.

tip Use tongs to gently loosen the noodles so they do not break apart.



4. Cook the Chicken

Toss **chicken strips** with **1/2-1 tbsp cornflour**. Heat a large frypan/wok with **oil** over medium-high heat.

Add **chicken** and cook for 4-5 minutes or until golden and cooked through.



5. Toss it all together

Add **prepared vegetables** and cook for 2-3 minutes until just tender. Pour in the **sauce** and toss until glossy.

Add **udon noodles** and gently toss until coated and sticky.

tip Serve noodles and chicken stir-fry separately if the family prefer.



6. Finish and Serve

Season stir-fry with **pepper** and extra **soy sauce** to taste. Serve topped with **reserved spring onion tops** and **sesame seeds**.

tip Add a splash of water if the noodles become too sticky in the pan.