

FOR the
little onesCAPSICUM
STICKSCARROT
STICKSCHICKEN MEATBALLS
& NOODLES

SAN CHOY BAU NOODLES

Chicken and noodles served san choy bau style in lettuce cups topped with crunchy peanuts and fresh colourful veggies, perfect for the whole family.



25 MINUTES



4 SERVINGS



CHICKEN

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FROM YOUR BOX

BABY COS LETTUCE	2
CARROTS	2
YELLOW CAPSICUM	1
PEANUTS	1 packet
CHICKEN MINCE	600g
SPRING ONIONS	1 bunch
GARLIC CLOVES	2
WHEAT NOODLES	1 packet
LIME	1

FROM YOUR PANTRY

sesame oil, soy sauce, sweet chilli sauce

COOKING TOOLS

large saucepan, large frypan

You can use a teriyaki sauce instead to flavour the chicken and noodles!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - noodles are replaced with rice noodles.



1. PREPARE the INGREDIENTS

Bring a saucepan of water to a boil (for the noodles).

Separate and rinse lettuce leaves, julienne carrots and slice (or dice) capsicum. Set aside with peanuts.



4. COOK the NOODLES

Meanwhile, add noodles to the boiling water and cook until tender. Drain and rinse in water.



2. COOK the CHICKEN

Heat a large frypan with **sesame oil** over medium-high heat. Add chicken mince and cook for 3-4 minutes breaking up lumps with a spatula. Slice and add spring onions.

tip Keep some green spring onion tops for garnish if you like!



5. TOSS NOODLES & CHICKEN

Toss noodles with chicken in the pan to combine well. Squeeze in juice from 1/2 lime and adjust seasoning to taste with **soy sauce and sweet chilli sauce**.

tip Serve chicken and noodles separately if preferred.



3. SEASON the CHICKEN

Crush in garlic and season chicken with **1-2 tbsp soy sauce and 1-2 tbsp sweet chilli sauce** (to taste). Cook for a further 5 minutes.



6. PREPARE the FRESH INGREDIENTS

Serve chicken noodles with lettuce cups, toppings and remaining lime cut into wedges.

tip You can finely shred the lettuce instead to serve if you prefer!