

A



DINNER TWIST
LOCAL, HEALTHY, DELIVERED

FOR THE
LITTLE ONES

→
CABBAGE



←
BLANCHED
BABY CORN

CHICKEN & NOODLE
STIR-FRY



STREET NOODLES



20 MINUTES



4/6 SERVINGS



CHICKEN

Vermicelli noodles stir-fried with pre-cooked chicken and veggies in a mild curry sauce and finished with crunchy cashew nuts.

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FROM YOUR BOX

	4 PERSON	6 PERSON
TOMATO SAUCE	2 small jars	4 small jars
ISLAND CURRY SPICE MIX	1 sachet	2 sachets
RICE VERMICELLI NOODLES	2 x 200g	3 x 200g
SPRING ONIONS	1 bunch	2 bunches
CABBAGE	1/4	2 x 1/4
BABY CORN	1 punnet	1 punnet
PRE-COOKED CHICKEN	1 packet	2 packets
CASHEW NUTS	40g	2 x 40g



1. Make the Sauce

Bring a saucepan of water to a boil.

In a bowl combine **tomato sauce**, **spice mix**, **1/4 cup water**, **2 tbsp soy sauce** and **3 tbsp sesame oil**.

6P - mix tomato sauce, spice mix, 1/2 cup water, 3 tbsp soy sauce and 3 tbsp sesame oil.



2. Cook the Noodles

Add **noodles** to boiling water and cook for 1-2 minutes or until al dente. Drain and rinse under cold water.

tip *Rinsing the noodles in cold water will stop them from overcooking and breaking up in the pan when you toss them.*



3. Prepare the Ingredients

Trim and slice **spring onions**. Shred **cabbage** and halve **baby corn**.

Tear **chicken** into smaller pieces (keep separate).

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

FROM YOUR PANTRY

sesame oil (or other), soy sauce, pepper

COOKING TOOLS

saucepan, large frypan or wok

Switch noodles for rice to make a quick fried rice! Or switch chicken for fried eggs for a great bunch idea.

Curry spice mix: desiccated coconut, coconut sugar, turmeric, sea salt, coriander, cumin, ginger.



4. Cook the Vegetables

Heat a large frypan or wok over medium-high heat with **oil**. Add **vegetables**. Cook for 5 minutes or until tender.

tip *You can add any other veggies of your liking such as capsicum, asian greens or mushrooms!*



5. Toss it all together

Add **chicken** and **sauce**, combine well. Toss in **noodles** until well combined. Adjust seasoning if needed with **pepper** and **soy sauce**.

tip *Serve veggies and noodles separate if your family prefers!*



6. Finish and Serve

Serve **noodle stir-fry** topped with any reserved **spring onion green tops** and **cashews**.

tip *Drizzle with some chilli or sweet chilli sauce if you like!*