



Product Spotlight: Mango

Mangoes were first grown in India more than 5,000 years ago. Paisley, the pattern that was first designed there, is based on the shape of a mango.



Sesame Poached Chicken Noodles

A colourful noodle salad with poached chicken, mango and chives, all tossed with a sweet chilli and lime dressing and finished with roasted peanuts.



25 minutes



2 servings



Chicken

30 December 2022

Warm it up!

You can transform this dish into a stir-fry! Cook the carrots and chives in a wok or frypan, toss through cooked noodles and chicken. Season with soy sauce, sesame oil and sweet chilli sauce to taste. Save the mango for a sweet treat!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	69g	28g	132g

FROM YOUR BOX

CHICKEN BREAST FILLET	300g
WHEAT NOODLES	1 packet
PURPLE CARROT	1
CARROT	1
MANGO	1
CHIVES	1 bunch
LIME	1
ROASTED PEANUTS	1 packet

FROM YOUR PANTRY

sesame oil, soy sauce, sweet chilli sauce

KEY UTENSILS

2 saucepans

NOTES

You can use 2 tbsp honey instead of sweet chilli sauce if you prefer less spice.

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



1. POACH THE CHICKEN

Add chicken to a saucepan and cover with water. Stir in **1/2 tbsp soy sauce** and bring to a boil. Cover, reduce to a simmer and cook for 15 minutes until cooked through (see step 5).



2. COOK THE NOODLES

Bring a second saucepan of water to a boil. Add noodles and cook according to packet instructions or until al dente.



3. PREPARE THE SALAD

Julienne or grate carrots. Slice mango and chives. Set aside.



4. PREPARE THE DRESSING

Combine zest and juice from 1/2 lime (wedge remaining) with **2 tbsp sesame oil**, **2 tbsp soy sauce** and **2 tbsp sweet chilli sauce** in a bowl (see notes).



5. SHRED THE CHICKEN

Remove cooked chicken from pan. Use two forks to shred the chicken or slice with a knife.



6. FINISH AND SERVE

Toss poached chicken with noodles, salad and dressing. Garnish with chopped peanuts.

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**

