



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Baby Wombok Cabbage

Chinese cabbage (wombok) is a super versatile vegetable perfect for stir-fries, shredded in a sandwich, or used in a coleslaw!



B4 Chicken Chow Mein

A delicious Chinese noodle stir-fry with tender pieces of chicken and cabbage tossed in a sweet and savoury sauce.

 25 minutes

 4 servings

 Chicken

19 August 2022

Spice it up!

You can add some Chinese five-spice and grated ginger to the chicken when marinating for extra flavour!

FROM YOUR BOX

| | |
|-------------------------|---------|
| WHEAT NOODLES | 400g |
| CHICKEN STIR FRY STRIPS | 600g |
| SPRING ONIONS | 1 bunch |
| BABY WOMBOK CABBAGE | 1 |
| RED CAPSICUM | 1 |
| CARROT | 1 |

FROM YOUR PANTRY

sesame oil, corn flour, oyster sauce (see notes), salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

You can use hoisin sauce or kecap manis instead of oyster sauce if you like. You can also use soy sauce and sugar as an alternative.

You can stir through some extra oyster sauce when seasoning instead of salt and pepper if preferred.

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



1. COOK THE NOODLES

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



2. PREPARE THE SAUCE

Whisk together **2 tbsp sesame oil**, **1/3 cup oyster sauce**, **2 tsp corn flour** and **1/2 cup water**.

In a separate bowl, coat chicken with **2 tbsp sauce**. Set aside to marinate.



3. PREPARE THE VEGETABLES

Slice spring onions into 4cm lengths (reserve some green tops for garnish). Slice cabbage and capsicum. Julienne carrot. Set aside.



4. COOK THE CHICKEN

Heat a large frypan or wok over medium-high heat with **2 tsp sesame oil**. Add chicken including marinade in bowl. Cook for 6-8 minutes until browned.



5. COOK THE VEGETABLES

Add vegetables and cook until wilted. Toss in noodles and sauce until well coated. Season with **salt and pepper** to taste (see notes).



6. FINISH AND SERVE

Divide noodles among bowls. Garnish with reserved spring onion tops.

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**

