

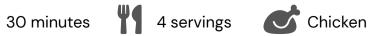


Chicken Larb Noodles

A Thai mince dish with fragrant lemongrass chicken, fresh veggies, mint and zesty lime dressing.







Add fresh chilli or some chilli sauce to the dressing for extra heat. For a more adventurous and punchy flavour, grate fresh ginger into the chicken or use kaffir lime leaves if you have any!

PROTEIN TOTAL FAT CARBOHYDRATES

29g

63g

FROM YOUR BOX

NOODLES	1 packet
LIME	1
GARLIC	2 cloves
MINT	1/2 bunch *
GEM LETTUCE	2 *
CARROTS	2
BEAN SHOOTS	1 bag (250g)
LEMONGRASS STALK	1
SPRING ONIONS	1/4 bunch *
CHICKEN MINCE	600g

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, pepper, fish sauce (or soy sauce/tamari), sugar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

Use sesame oil for the dressing if you have some. Coconut oil also works well for cooking the chicken.

Stir fry the bean shoots and carrot with the chicken mince if you prefer a warmer dish.



1. COOK THE NOODLES

Bring a saucepan of water to the boil and cook noodles for 2–3 minutes, or until just tender. Drain and rinse in cold water.



2. PREPARE THE SAUCE

Zest the lime and set aside (for chicken). Crush 1 garlic clove. Combine with lime juice, 3 tsp sugar, 2 tbsp fish sauce and 2 tbsp oil (see notes). Set aside.



3. PREPARE THE SALAD

Pick mint leaves and separate lettuce leaves (roughly chop if preferred). Julienne or ribbon carrots. Set aside with bean shoots.



4. COOK THE CHICKEN

Chop lemongrass (see product spotlight overleaf) and slice spring onions. Add to a pan over medium-high heat with oil. Add chicken, lime zest and 1 crushed garlic clove. Cook for 6-8 minutes until cooked through. Season with fish sauce and pepper to taste.



5. FINISH AND PLATE

Divide noodles, salad and chicken mince among plates. Spoon over dressing to taste.

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



