




Product Spotlight: Lemongrass


To prepare your lemongrass, cut in half lengthways and remove the core. Bash with the end of your knife to release the perfumes before chopping. This will release more flavour!



2 Chicken Larb Noodles

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

 30 minutes

 2 servings

 Chicken

15 June 2020

Spice it up!

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!

Per serve: **PROTEIN** 30g **TOTAL FAT** 24g **CARBOHYDRATES** 48g

FROM YOUR BOX

NOODLES	1 packet
LIME	1
GARLIC	1 1/2 cloves
MINT	1/2 bunch *
BABY COS LETTUCE	1
CARROT	1
BEAN SHOOTS	1 bag (250g)
LEMONGRASS STALK	1
SPRING ONION	1 *
CHICKEN MINCE	300g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

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



3. PREPARE THE SALAD

Pick mint leaves and chop lettuce leaves. Julienne or ribbon carrot. Set aside with bean shoots.



4. COOK THE CHICKEN

Chop lemongrass (see product spotlight overleaf) and slice spring onion. 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 and serve with remaining lime wedges.

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**

