



### Product Spotlight: Spring Onions

Spring onions are very young onions, picked before the bulb has had a chance to swell. The long, slender green tops and the small white bulb are edible and are tasty raw or cooked!



## 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



2 servings



Chicken

### Spice it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	13g	109g

## FROM YOUR BOX

WHEAT NOODLES	200g
CHICKEN STIR FRY STRIPS	300g
SPRING ONIONS	1 bunch
GREEN CABBAGE	1/2
RED CAPSICUM	1

## FROM YOUR PANTRY

sesame oil, cornflour, hoisin or oyster sauce, salt, pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can stir through some extra hoisin/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, rinse in water and set aside.



### 2. PREPARE THE SAUCE

Whisk together **1 tbsp sesame oil**, **1/4 cup hoisin/oyster sauce**, **1 tsp cornflour** and **1/3 cup water**.

In a separate bowl, coat chicken with 1 tbsp sauce. Set aside to marinate.



### 3. PREPARE THE VEGETABLES

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



### 4. COOK THE CHICKEN

Heat a large frypan or wok over medium-high heat with **1 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 to taste with **salt and pepper** (see notes).



### 6. FINISH AND SERVE

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



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