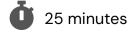




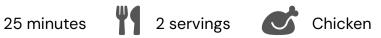


# **Chicken Chow Mein**

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







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

## **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 <a href="https://example.1tbsp.sauce">1tbsp.sauce</a>. 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 mediumhigh 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.



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



