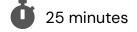






Chicken Chow Mein

Tender chicken, crisp veggies and springy noodles come together in a sweet and savoury sauce for a quick, delicious weeknight win.







Spice it up!

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

PROTEIN TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

150g
300g
1 bunch
1
250~
250g

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, saucepan

NOTES

If you don't have any hoisin/oyster sauce you can replace it with 2 tbsp soy sauce, 1 tbsp honey or brown sugar and 1 tsp white wine vinegar as a substitute.

No gluten option - egg noodles are replaced with rice noodles. Rinse them in cold water an extra time before tossing into the stir-fry to prevent sticking.



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 cold water and set aside.



2. PREPARE THE SAUCE

Whisk together 1 tbsp sesame oil, 1/4 cup hoisin or oyster sauce, 1 tsp cornflour, and 1/4 cup water (see notes).

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



3. PREPARE THE VEGETABLES

Slice **spring onions** into 4cm lengths (reserve some green tops for garnish) and slice **capsicum**. Set aside with the **shredded cabbage**.



4. COOK THE CHICKEN

Heat a large frypan or wok over mediumhigh heat with 1 tsp sesame oil. Add chicken and cook for 6-8 minutes until browned.



5. COOK THE VEGETABLES

Add **prepared vegetables** and cook until softened to your liking. 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



