



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
	42g	6g	39g

FROM YOUR BOX

EGG NOODLES	150g
CHINESE STIR-FRY SAUCE	50ml
DICED CHICKEN BREAST	300g
SPRING ONIONS	1 bunch
RED CAPSICUM	1
SHREDDED CABBAGE	250g

FROM YOUR PANTRY

sesame oil, cornflour, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

You can season the noodles with soy sauce or oyster sauce for a boost of flavour.

No gluten option – egg 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 cold water and set aside.



2. PREPARE THE SAUCE

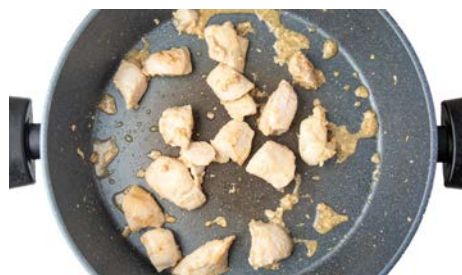
Whisk together **1 tbsp sesame oil**, **Chinese stir-fry sauce**, **1 tsp cornflour** and **1/4 cup water**.

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) and slice **capsicum**. Set aside with the **shredded cabbage**.



4. COOK THE CHICKEN

Heat a large frypan or wok over medium-high 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.



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