





## **Chinese Ginger Chicken**

### with Noodle Stir Fry

Chicken schnitzels flavoured with fresh ginger, served over a quick and easy hoisin sauce Chinese-style noodle stir fry.







# Spice it up!

If you can't resist some spice, serve this dish with dried chilli flakes, slices of fresh red chilli or a drizzle of your favourite chilli oil.

PROTEIN TOTAL FAT CARBOHYDRATES 38g

102g

#### FROM YOUR BOX

EGG NOODLES	1 packet
GINGER	1 piece
GARLIC CLOVE	1
HOISIN SAUCE	50ml
BROWN ONION	1
ТОМАТО	1
CELERY	1 stick
ASIAN GREENS	1 bunch
CHICKEN SCHNITZELS	300g
SESAME SEEDS	10g

#### FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari) cornflour, rice wine vinegar (see notes)

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

Substitute rice wine vinegar with white vinegar or white wine vinegar.

No gluten option – noodles are replaced with bean thread noodles. Cook according to packet instructions or until al dente. Use water at step 5.





#### 1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook according to packet instructions or until tender. Reserve **1/2 cup cooking liquid** and drain **noodles**. Rinse well with cold water to stop the cooking process.



#### 2. PREPARE THE INGREDIENTS

Peel and grate **ginger** (reserve 2 tsp for step 3), crush **garlic**. Add to a bowl along with **hoisin sauce**, **2 tsp cornflour**, **2 tsp vinegar** and **pepper**. Mix to combine.

Roughly chop **onion**, wedge **tomato**, slice **celery**, trim and chop **Asian greens**.



#### 3. COOK THE CHICKEN

Heat a large frypan over medium-high heat with oil. Coat chicken with reserved ginger, 2 tsp soy sauce and pepper. Cook for 4-5 minutes each side until cooked through. Remove and keep pan over heat.



#### 4. STIR FRY THE VEGGIES

Add **onion** to reserved pan and cook for 2 minutes until browning begins. Add **remaining veggies** and cook for a further 3 minutes.



#### **5. TOSS THE NOODLES**

Add cooked noodles, sauce and reserved cooking liquid (as necessary) to veggies. Stir fry for 2 minutes to combine. Season to taste with soy sauce and pepper.



#### 6. FINISH AND SERVE

Slice chicken.

Divide **stir fry noodles** among bowls. Top with **chicken** and garnish with **sesame seeds**.

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