



### Product Spotlight: Sesame Seeds

Sesame seeds are considered an excellent source of copper, which helps your body make red blood cells and keeps your immune system healthy.



## Miso Chicken Yakisoba

This quick and easy yakisoba is sure to please everyone at the dinner table! Packed with veggies, tossed with noodles, pre-cooked chicken breast and miso sauce.



30 minutes



2 servings



Chicken

### What is it?

*Yakisoba is a classic Japanese noodle dish with a salty, sweet and sour sauce. Made in one-pan, this recipe is so easy to make and is always a crowd pleaser.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	52g	11g	91g

## FROM YOUR BOX

RAMEN NOODLES	1 packet
SPRING ONIONS	1 bunch
CARROT	1
CABBAGE	1/4
PRE-COOKED CHICKEN	1 packet
MISO SAUCE	1 sachet
SESAME SEEDS	1 packet

## FROM YOUR PANTRY

sesame oil, salt, pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

If the noodles stick together, rinse them under cold water or toss with a little sesame oil to separate.

**No gluten option** – noodles are replaced with **GF noodles**. Cook according to packet instructions or until al dente.



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### 1. COOK THE NOODLES

Bring a large saucepan full of water to a boil. Add noodles and cook according to packet instructions. Reserve **1 cup cooking liquid** and drain noodles (see notes). Reserve saucepan.



### 4. TOSS THE NOODLES

Roughly tear. Return noodles to saucepan. Add chicken, miso sauce, stir-fried vegetables and reserved cooking liquid. Toss well to combine. Season to taste with **salt and pepper**.



### 2. PREPARE THE VEGETABLES

Slice spring onions into 3cm pieces (reserve some thinly sliced green tops for garnish). Julienne carrot. Cut cabbage into square pieces.



### 5. FINISH AND SERVE

Divide noodles among bowls. Garnish with spring onion green tops and sesame seeds.



### 3. STIR-FRY THE VEGETABLES

Heat a large frypan over medium-high heat with **sesame oil**. Cook spring onions for 2 mins. Add cabbage and cook for further 2 mins. Add carrot and cook for final 1 minute.

**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**

