E2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mango

Mangoes have been grown in South Asia for thousands of years. Fun fact: the curved teardrop shape in the paisley pattern is often said to be inspired by a mango!

Poached Chicken Noodles

with Mango and Peanuts

A colourful noodle salad with poached chicken, mango and chives, all tossed with a sweet chilli and lime dressing and finished with roasted peanuts.

25 minutes | 2 servings | Chicken

Warm it up!

You can turn this dish into a warm stir-fry. Cook the carrots and chives in a wok or frypan, then toss through the cooked noodles and chicken. Season with soy sauce, sesame oil and sweet chilli sauce to taste, and save the mango for a sweet treat!

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	17g	104g

FROM YOUR BOX

CHICKEN BREAST FILLET	300g
WHEAT NOODLES	1 packet
RED CABBAGE	1/4
CARROT	1
MANGO	1
CHIVES	1 bunch
LIME	1
ROASTED PEANUTS	40g

FROM YOUR PANTRY

sesame oil, soy sauce, sweet chilli sauce

KEY UTENSILS

2 saucepans

NOTES

Cook the whole packet of noodles for extra serves. Alternatively, cook 1/2 packet for 2 serves. Use the dressing to taste in step 6.

You can use 2 tbsp honey instead of sweet chilli sauce if you prefer less spice.

No gluten option - wheat noodles are replaced with rice noodles.

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1. POACH THE CHICKEN

Add **chicken breast** to a saucepan and cover with water. Stir in **1/2 tbsp soy sauce** and bring to a boil. Cover, reduce to a simmer and cook for 15 minutes until cooked through (see step 5).



2. COOK THE NOODLES

Bring a second saucepan of water to a boil. Add **noodles** and cook according to packet instructions or until al dente (see notes).



3. PREPARE THE SALAD

Thinly shred **cabbage** (use to taste). Julienne or grate **carrot**. Slice **mango** and **chives**. Set aside.



4. PREPARE THE DRESSING

Combine **zest and juice from 1/2 lime** (wedge remaining) with **2 tbsp sesame oil**, **2 tbsp soy sauce** and **2 tbsp sweet chilli sauce** in a bowl (see notes).



5. SHRED THE CHICKEN

Remove **cooked chicken** from pan. Use two forks to shred the **chicken** or slice it with a knife.



6. FINISH AND SERVE

Toss **poached chicken** with **noodles, salad** and **dressing**. Garnish with **chopped peanuts** and a **lime wedge.**

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