



### Product Spotlight: Sesame Seeds

These little white or black seeds add flavour and crunch to salads, noodles, stir-fries, and baked goods, and they're high in copper, manganese and calcium. Toast in a dry frypan to bring out their subtle nutty flavour.



## Bulk it up!

*Top the stir fry with a fried egg to bulk it up. Add sliced water chestnuts or bamboo shoots to the stir fry for an extra layer of texture and a refreshing crunch.*

# Sesame Chicken Noodle Stir Fry

Quick, easy and colourful! Crispy chicken schnitzels served over a sesame and honey noodle stir fry.



30 minutes



2 servings



Chicken

Per serve: **PROTEIN** 39g **TOTAL FAT** 21g **CARBOHYDRATES** 65g

## FROM YOUR BOX

SPRING ONIONS	1 bunch
YELLOW CAPSICUM	1
SNOW PEAS	150g
CHICKEN SCHNITZELS	300g
GARLIC CLOVE	1
HONEY	1 shot
SESAME SEEDS	1 packet
EGG NOODLES	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari), white wine vinegar, cornflour

## KEY UTENSILS

large frypan, saucepan

## NOTES

Add hoisin or oyster sauce to the sesame and honey mixture for a deeper flavour in the stir fry.

Spice up this dish with your favourite hot sauce, a sprinkle of dried chilli flakes or slices of fresh red chilli!

**No gluten option - noodles are replaced with rice noodles.** Cook according to packet instructions or until tender.



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### 1. PREPARE THE INGREDIENTS

Bring a saucepan of water to a boil. Slice **spring onions** (reserve some sliced green tops for garnish) and **capsicum**. Trim **snow peas** and slice as desired.

Coat **chicken** with **oil, salt and pepper**. Add **1 tbsp cornflour** to a plate and press **chicken** into **flour** to coat.



### 4. COOK THE NOODLES

Meanwhile, add **noodles** to boiling water. Cook according to packet instructions or until tender. Drain and rinse well with cold water to stop the cooking process.

### 2. MAKE THE SAUCE

Add **crushed garlic, honey, sesame seeds, 1 tbsp soy sauce** and **1 tbsp vinegar** to a bowl (see notes). Stir to combine.



### 5. STIR FRY VEG & NOODLES

Add **veggies** to pan over heat. Add extra **oil** as necessary. Stir fry for 3-4 minutes until **veggies** begin to soften. Add **cooked noodles** and **1/2 prepared sauce**. Toss to combine. Season to taste with **soy sauce** and **pepper**.

### 3. COOK THE CHICKEN

Heat a large frypan over medium-high heat with **oil**. Add **chicken** and cook for 4-5 minutes each side or until golden and cooked through. Remove **chicken** and keep pan over heat for step 5.



### 6. FINISH AND SERVE

Slice **chicken**.

Divide **stir-fried noodles** among bowls. Top with **chicken**. Drizzle over **remaining sauce** and garnish with **spring onion green tops** (see notes).

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