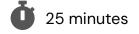






Sesame Chicken Noodle Stir Fry

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





2 servings



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.

FROM YOUR BOX

SPRING ONIONS	1 bunch
YELLOW CAPSICUM	1
SNOW PEAS	150g
CHICKEN SCHNITZELS	300g
GARLIC CLOVES	2
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

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.









1. PREPARE THE INGREDIENTS

Bring a saucepan of water to a boil. Slice spring onions (reserved 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.



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.

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.



4. COOK THE NOODLES

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.



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.



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).

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



