

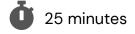




Island Coconut Chicken

with Stir-Fry Noodles

Vegetables and rice noodles stir-fried with coconut curry spice mix from GH Produce and served with chicken schnitzels and charred Asian greens.







Switch it up!

Switch the oyster sauce for soy sauce, tamari or recap manis. Omit the dried chilli flakes if desired.

TOTAL FAT CARBOHYDRATES

40g

103g

FROM YOUR BOX

RICE NOODLES	1 packet
CHICKEN SCHNITZELS	600g
ASIAN GREENS	1 bunch
LIME	1
SPRING ONIONS	1 bunch
CARROTS	2
CARROTS BEAN SHOOTS	2 1 bag

FROM YOUR PANTRY

sesame oil, salt, pepper, dried chilli flakes, oyster sauce, 1 garlic clove, ground cumin

KEY UTENSILS

2 frypans, saucepan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. COOK THE NOODLES

Bring a large saucepan of water to a boil. Add noodles and cook according to packet instructions. Drain and rinse.



2. COOK THE SCHNITZELS

Heat a large frypan over medium-high heat. Coat schnitzels in oil, 2 tsp cumin, salt and pepper. Add to pan and cook for 4-5 minutes each side. Remove schnitzels and reserve frypan.



3. COOK THE ASIAN GREENS

Heat a second frypan over medium-high heat with oil. Halve Asian greens and crush garlic clove. Add to pan and cook, turning, for 4 minutes until greens are charred. Remove to a plate, add lime zest, drizzle over 1 tbsp oyster sauce and sprinkle over 1 tsp chilli flakes.



4. STIR-FRY THE VEGETABLES

Cut spring onions into 3cm pieces. Thinly slice carrots. Add to reserved frypan and cook for 2 minutes. Add bean shoots and cook for a further minute.



5. ADD THE NOODLES

Add noodles, spice mix, 1/4 cup water, 3 tbsp oyster sauce and 3 tbsp oil to pan with stir-fry. Toss well to combine.



6. FINISH AND SERVE

Serve noodles and chicken tableside with lime wedges and charred Asian greens.

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



