



Product Spotlight: Spring Onions

Spring onions are very young onions, picked before the bulb has had a chance to swell. The long, slender green tops and the small white bulb are edible and are tasty raw or cooked!



Chicken Chow Mein

A delicious Chinese noodle stir-fry with tender pieces of chicken and cabbage tossed in a sweet and savoury sauce.



25 minutes



4 servings



Chicken

Spice it up!

You can add some Chinese five-spice and grated ginger to the chicken when marinating for extra flavour!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	13g	96g

FROM YOUR BOX

WHEAT NOODLES	2 x 200g
CHICKEN STIR FRY STRIPS	600g
SPRING ONIONS	1 bunch
GREEN CABBAGE	1/2
RED CAPSICUM	1
CARROT	1

FROM YOUR PANTRY

sesame oil, cornflour, hoisin or oyster sauce, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

You can stir through some extra hoisin/oyster sauce when seasoning instead of salt and pepper if preferred.

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



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles and cook according to packet instructions or until al dente. Drain, rinse in water and set aside.



2. PREPARE THE SAUCE

Whisk together **2 tbsp sesame oil**, **1/3 cup hoisin/oyster sauce**, **2 tsp cornflour** and **1/2 cup water**.

In a separate bowl, coat chicken with 2 tbsp sauce. Set aside to marinate.



3. PREPARE THE VEGETABLES

Slice spring onions into 4cm lengths (reserve some green tops for garnish). Slice cabbage and capsicum. Julienne carrot. Set aside.



4. COOK THE CHICKEN

Heat a large frypan or wok over medium-high heat with **2 tsp sesame oil**. Add chicken including marinade in bowl. Cook for 6–8 minutes until browned.



5. COOK THE VEGETABLES

Add vegetables and cook until wilted. Toss in noodles and sauce until well coated. Season with **salt and pepper** to taste (see notes).



6. FINISH AND SERVE

Divide noodles among bowls. Garnish with reserved spring onion tops.



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