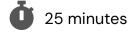




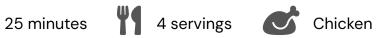


# **Chicken Chow Mein**

Tender chicken, crisp veggies and springy noodles come together in a sweet and savoury sauce for a quick, delicious weeknight win.







# Spice it up!

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

PROTEIN TOTAL FAT CARBOHYDRATES

#### FROM YOUR BOX

EGG NOODLES	300g
CHICKEN STIR FRY STRIPS	600g
SPRING ONIONS	1 bunch
RED CAPSICUM	1
CARROT	1
SHREDDED CABBAGE	250g

#### FROM YOUR PANTRY

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

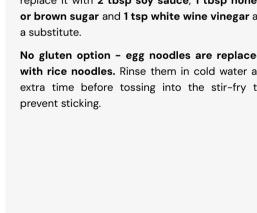
#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

If you don't have any hoisin/oyster sauce you can replace it with 2 tbsp soy sauce, 1 tbsp honey or brown sugar and 1 tsp white wine vinegar as

No gluten option - egg noodles are replaced with rice noodles. Rinse them in cold water an extra time before tossing into the stir-fry to





#### 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 cold water and set aside.



#### 2. PREPARE THE SAUCE

Whisk together 2 tbsp sesame oil, 1/3 cup hoisin or oyster sauce, 2 tsp cornflour, and 1/2 cup water (see notes).

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 capsicum and julienne carrot. Set aside with the shredded cabbage.



## 4. COOK THE CHICKEN

Heat a large frypan or wok over mediumhigh heat with 2 tsp sesame oil. Add chicken and cook for 6-8 minutes until browned.



### 5. COOK THE VEGETABLES

Add prepared vegetables and cook until softened to your liking. 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.



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



