



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

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



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
	39g	15g	59g

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 a substitute.

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 prevent sticking.



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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 medium-high 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.

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