



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



4/6 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	5g	23g

FROM YOUR BOX

	4 PERSON	6 PERSON
EGG NOODLES	300g	300g + 150g
CHINESE STIR-FRY SAUCE	100ml	100ml + 50ml
DICED CHICKEN BREAST	600g	600g + 300g
SPRING ONIONS	1 bunch	2 bunches
RED CAPSICUM	1	2
CARROT	1	1
SHREDDED CABBAGE	250g	2 x 250g

FROM YOUR PANTRY

sesame oil, cornflour, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

You can season the noodles with soy sauce or oyster sauce for a boost of flavour.

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



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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 water and set aside.



2. PREPARE THE SAUCE

Whisk together **2 tbsp sesame oil**, **Chinese stir-fry sauce**, **2 tsp cornflour** and **1/2 cup water**.

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

6P – whisk together **3 tbsp sesame oil**, **Chinese stir-fry sauce**, **3 tsp cornflour** and **3/4 cup water**. Coat **chicken** with **3 tbsp sauce**.



3. PREPARE THE VEGETABLES

Slice **spring onions** into 4cm lengths (reserve some green tops for garnish). Slice **capsicum** and julienne or ribbon **carrot**. Set aside with **shredded cabbage**.



4. COOK THE CHICKEN

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

6P – use **3 tsp sesame oil**.



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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