E

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mango

Mangoes have been grown in South Asia for thousands of years. Fun fact: the curved teardrop shape in the paisley pattern is often said to be inspired by a mango!

Poached Chicken Noodles

with Mango and Peanuts

A colourful noodle salad with poached chicken, mango and chives, all tossed with a sweet chilli and lime dressing and finished with roasted peanuts.

25 minutes | 4/6 servings | Chicken

Warm it up!

You can turn this dish into a warm stir-fry. Cook the carrots and chives in a wok or frypan, then toss through the cooked noodles and chicken. Season with soy sauce, sesame oil and sweet chilli sauce to taste, and save the mango for a sweet treat!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	41g/43g	11g/14g	59g/80g

FROM YOUR BOX

	4 PERSON	6 PERSON
CHICKEN BREAST FILLETS	600g	600g + 300g
WHEAT NOODLES	1 packet	2 packets
RED CABBAGE	1/4	2 x 1/4
CARROT	1	2
MANGO	1	2
CHIVES	1 bunch	1 bunch
LIME	1	2
ROASTED PEANUTS	40g	2 x 40g

FROM YOUR PANTRY

sesame oil, soy sauce, sweet chilli sauce

KEY UTENSILS

2 large saucepans

NOTES

You can use 2 tbsp honey instead of sweet chilli sauce if you prefer less spice.

Use the dressing to taste. Season with more soy sauce and sweet chilli sauce if needed.

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

Scan the QR code to submit a Google review!



1. POACH THE CHICKEN

Add **chicken breasts** to a saucepan and cover with water. Stir in **1/2 tbsp soy sauce** and bring to a boil. Cover, reduce to a simmer and cook for 15 minutes until cooked through (see step 5).

6P - use 1 tbsp soy sauce.



2. COOK THE NOODLES

Bring a second saucepan of water to a boil. Add **noodles** and cook according to packet instructions or until al dente.



3. PREPARE THE SALAD

Thinly shred **cabbage** (use to taste). Julienne or grate **carrot**. Slice **mango** and **chives**. Set aside.



4. PREPARE THE DRESSING

Combine **zest and juice from 1/2 lime** (wedge remaining) with **2 tbsp sesame oil**, **2 tbsp soy sauce** and **2 tbsp sweet chilli sauce** in a bowl (see notes).

6P - Combine zest and juice from 1 lime, 3 tbsp sesame oil, 3 tbsp soy sauce and 3 tbsp sweet chilli sauce.



5. SHRED THE CHICKEN

Remove **cooked chicken** from pan. Use two forks to shred the **chicken** or slice it with a knife.



6. FINISH AND SERVE

Toss **poached chicken** with **noodles**, **salad** and **dressing** (see notes). Garnish with **chopped peanuts** and a **lime wedge.**

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review.
Something not right? Text us on **0440 132 826** or email **hello@dinnertwist.com.au**