



Product Spotlight: Coconut Milk

The principal medium-chain fatty acids in coconut are lauric acid and capric acid. Both are very nourishing, antimicrobial (great for your immune system), anti-inflammatory and healing to the digestive system.



Peanut Chicken Stir-Fry with Rice Noodles

This chicken stir-fry is packed with veggies and tossed with rice noodles in a creamy, zingy peanut sauce served with fresh red chilli and lime wedges.



25 minutes



2 servings



Chicken

23 June 2023

Switch it up!

Make a curry instead! Make the peanut sauce. Brown the chicken and sauté the vegetables in a large saucepan. Add peanut sauce along with water to cover vegetables and chicken. Simmer curry. Serve with noodles and sliced chilli.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	68g	31g	144g

FROM YOUR BOX

LIME	1
GINGER	20g
SALTED/ROASTED PEANUTS	40g
TINNED COCONUT MILK	165ml
DICED CHICKEN BREAST	300g
RED CAPSICUM	1
BROWN ONION	1
ZUCCHINI	1
RED CHILLI	1
RICE NOODLES	1 packet

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan, small blender

NOTES

Use a spoon to peel ginger. Add 2 tbsp peanut butter to the sauce if you have some on hand.

Remove the seeds from the chilli if you prefer a milder heat.

If noodles are stuck together, rinse them with cold water again, then add to stir-fry.



1. MAKE THE PEANUT SAUCE

Zest lime and halve. Peel and roughly chop ginger (see notes). Add to a small blender along with juice from 1/2 lime (reserve remaining for step 3), peanuts, coconut milk, **1 tbsp soy sauce** and **1 tbsp water**. Blend to a smooth sauce.



2. COOK THE CHICKEN

Heat a frypan over medium-high heat. Coat chicken in **oil**, **1 tbsp soy sauce** and **pepper**. Add to pan and cook for 4-5 minutes each side or until cooked through. See step 3.



3. PREPARE THE VEGETABLES

Meanwhile, bring a saucepan of water to a boil (see step 4).

While chicken is cooking, slice capsicum and onion. Crescent zucchini and wedge reserved lime. Thinly slice chilli (see notes).



4. COOK THE NOODLES

Add noodles to saucepan of boiling water. Cook according to packet instructions or until al dente. Drain and rinse with cold water to stop the cooking process.



5. STIR-FRY THE VEGETABLES

Remove chicken from pan. Add vegetables and stir-fry for 5 minutes until vegetables are tender. Add chicken back to pan along with noodles (see notes) and peanut sauce. Cook for 1 minute, stirring to combine.



6. FINISH AND SERVE

Season stir-fry to taste with **soy sauce** and **pepper**.

Divide noodles and stir-fry among bowls. Garnish with chilli slices and serve with lime wedges.



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