

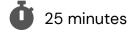




# Peanut Chicken Stir-Fry

## 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.





4 servings



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

34g

66g

4g

89g

## FROM YOUR BOX

LIME	1
GINGER	40g
SALTED/ROASTED PEANUTS	80g
TINNED COCONUT MILK	400ml
DICED CHICKEN BREAST	600g
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.



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## 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 and 2 tbsp soy sauce. Blend to a smooth sauce.



## 2. COOK THE CHICKEN

Heat a frypan over medium-high heat. Coat chicken in oil, 2 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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