



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Sugar Snap Peas

Sugar snaps look like peas used for shelling but have a tender, crisp, small, pale green, edible pod with sweet juicy seeds. The pods are about 5-8cm long and the seeds are rounder than snow peas.



4 Mie Goreng with Chicken

A taste of Indonesia with a twist. Using Beerenberg Tomato Sauce as a base and transforming it with ginger and soy sauce. A delicious noodle dinner for the whole family.

 30 minutes

 4 servings

 Chicken

22 October 2021

A little extra?

Add a fried egg on the top or scramble a couple of eggs on the side and stir through to serve.

FROM YOUR BOX

WHEAT NOODLES	2 packets (400g)
GINGER	1 piece
TOMATO SAUCE	1/2 bottle *
SPRING ONIONS	3/4 bunch *
CARROTS	2
SUGAR SNAP PEAS	1/2 bag (125g) *
CELERY STICK	1
BASIL	1/2 packet (30g) *
COOKED CHICKEN BREAST	1 packet
BEAN SHOOTS	1 bag (250g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking (see notes), soy sauce, brown sugar, pepper, garlic (2 cloves)

KEY UTENSILS

large frypan or wok, saucepan

NOTES

We used sesame oil for extra flavour.

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



1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles to boiling water and simmer for 2 minutes, or until cooked al dente. Drain and rinse in cold water.



2. MAKE THE SAUCE

Grate ginger and crush **2 garlic cloves**. Whisk together with tomato sauce, **2 tbsp soy sauce**, **1 tbsp brown sugar** and **1/2 cup water**.



3. PREPARE THE VEGETABLES

Slice spring onions, carrots, sugar snap peas and celery stick. Roughly chop basil, keep separate.



4. COOK THE VEGETABLES

Heat a large frypan/wok over high heat with **2 tbsp oil**. Add prepared vegetables and half the basil. Stir fry for 3–4 minutes until just tender.



5. FINISH MIE GORENG

Add chicken, sauce, noodles and half the bean shoots. Continue to cook for 3–4 minutes until heated through and well combined. Season to taste with extra **soy sauce** and **pepper**.



6. FINISH AND SERVE

Divide noodles between bowls and top with remaining bean shoots and basil.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

