




Product Spotlight: Corn


Corn is an unusual food, falling into not just one food category but two. While the kernels are classified as a vegetable, if you dry them and make popcorn, they are considered a grain!




Miso Ramen with Sesame Crusted Chicken

Flavourful and warming miso ramen broth, served with egg noodles, fresh corn, and panko and sesame crusted chicken schnitzels.

 25 minutes

 Chicken

 2 servings

Bulk it up!

Bulk up this dish by serving with boiled eggs, add sautéed mushrooms, or slices of fresh capsicum.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	50g	27g	92g

FROM YOUR BOX

EGG NOODLES	1 packet
SPRING ONIONS	1 bunch
CARROT	1
CORN COB	1
PANKO & SESAME MIX	1 packet
CHICKEN SCHNITZELS	300g
MISO SAUCE	1 sachet

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, saucepan

NOTES

Cut chicken into nuggets before crumbing if you think that works better for your family.

No gluten option - noodles are replaced with rice noodles, panko + sesame mix is replaced with sesame seeds. Cook rice noodles until tender. Prepared chicken with mixed sesame seeds according to instructions.



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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 tender. Drain and rinse well with cold water to stop the cooking process. Reserve saucepan for step 4.



2. PREPARE THE INGREDIENTS

Thinly slice **spring onions** (reserve some green tops for garnish) and **carrots**. Remove **corn kernels** from cobs.



3. CRUMB THE CHICKEN

Transfer **panko and sesame mix** to a bowl or plate. Coat **chicken** (see notes) with **oil** and season with **salt and pepper**. Press into **crumb** to coat.



4. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil** to coat the base of the pan. Add **crumbed chicken** and cook (in batches) for 5-6 minutes on each side or until cooked through.



5. SIMMER THE RAMEN

Reheat saucepan over medium-high heat with **sesame oil**. Add **spring onion** and **carrot**. Sauté for 3 minutes to soften. Add **miso sauce, 750ml water** and **3 tsp soy sauce**. Simmer for 5 minutes. Season to taste with **soy sauce and pepper**.



6. FINISH AND SERVE

Slice **chicken**.

Divide **noodles** among bowls. Ladle in **ramen** and top with **chicken** and **corn kernels**. Garnish with **spring onion green tops**.

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**

