



DINNER TWIST  
LOCAL. HEALTHY. DELIVERED



### 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

4/6 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
	49g	28g	85g/94g
4/6 Person:			

## FROM YOUR BOX

	4 PERSON	6 PERSON
EGG NOODLES	1 packet	2 packets
SPRING ONIONS	1 bunch	2 bunches
CARROTS	2	3
CORN COBS	2	3
PANKO & SESAME MIX	1 packet	2 packets
CHICKEN SCHNITZELS	600g	600g + 300g
MISO SAUCE	2 sachets	3 sachets

## 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, 1.5L water** and **1 tbsp soy sauce**. Simmer for 5 minutes. Season to taste with **soy sauce and pepper**.

**6P - add miso sauce, 2.25L water and 2 tbsp soy sauce.**



### 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**

