



Product Spotlight: Peanuts

Although peanuts have “nuts” in their name, they are legumes. Like peas and beans, they are edible seeds enclosed in a pod.






Vietnamese Noodle Bowl

with Caramelised Chicken & Nuoc Cham

Bun Thit Nuong is a light and zesty Vietnamese noodle bowl with caramelised chicken strips, fresh cucumber and mint topping, roasted peanuts and chilli lime dressing.

Make fresh rolls!

Make fresh Vietnamese rolls if you have some rice paper rounds in your pantry! All ingredients in this dish will work well as fillings, and the dressing is an excellent dipping sauce!

 25 minutes  4 servings  Chicken

Per serve: **PROTEIN** 37g **TOTAL FAT** 14g **CARBOHYDRATES** 132g

FROM YOUR BOX

| | |
|-------------------------|-----------|
| RICE VERMICELLI NOODLES | 2 packets |
| RED CHILLI | 1 |
| GARLIC CLOVE | 1 |
| LIME | 1 |
| CHICKEN STIR-FRY STRIPS | 600g |
| SPRING ONIONS | 1 bunch |
| LEBANESE CUCUMBERS | 2 |
| CARROTS | 2 |
| MINT | 1 packet |
| ROASTED PEANUTS | 60g |

FROM YOUR PANTRY

oil for cooking, pepper, fish sauce, sugar (of choice), rice wine vinegar (see notes)

KEY UTENSILS

large frypan, saucepan x 2

NOTES

If you don't have rice wine vinegar you can use apple cider or white wine vinegar.

If you prefer less heat, you can garnish the dish with chilli to taste instead.



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1. COOK THE NOODLES

Bring a large saucepan of water to a boil. Add **noodles** to boiling water and cook until al dente. Drain, rinse with cold water and set aside.



2. PREPARE THE DRESSING

Deseed and finely chop **chilli** (see notes). Add to a small saucepan along with crushed **garlic**, **3 tbsp fish sauce**, **3 tbsp vinegar**, **3 tbsp sugar** and **1/2 cup water**. Bring to a simmer, take off heat and squeeze in juice from **1/2 lime**.



3. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Add **chicken** along with **1 tbsp fish sauce** and **1 tbsp sugar**. Slice and add **spring onions** (reserve some green tops for garnish). Cook for 6-8 minutes until caramelised. Season with **pepper**.



4. PREPARE THE TOPPINGS

Wedge remaining lime. Slice **cucumbers**. Julienne or grate **carrots**. Pick **mint** leaves and roughly chop **peanuts**.



5. FINISH AND SERVE

Serve noodles with chicken, prepared toppings and spring onion green tops. Spoon dressing over top and toss to serve.

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