



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Basil

Prepare your basil like a pro! Pick the leaves and stack them on top of each other. Roll the stack to create a cylinder shape. Use a sharp knife to slice the leaves perpendicular to the roll to create thin strips for garnishing.



Chicken Mie Goreng

A taste of Indonesia with a twist: egg noodles tossed through a ginger and soy tomato sauce with chicken and crunchy vegetables. A quick noodle dinner the whole family can dig into.



30 minutes



4/6 servings



Chicken

A little extra?

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	7g	69g

FROM YOUR BOX

	4 PERSON	6 PERSON
EGG NOODLES	300g	300g + 150g
GINGER	1 piece	1 piece
TOMATO SAUCE	3 jars	4 jars
SPRING ONIONS	1 bunch	2 bunches
CARROTS	2	3
SNOW PEAS	150g	2 x 150g
CELERY STICK	1	2
BASIL	20g	2x 20g
DICED CHICKEN BREAST	600g	600g + 300g



1. COOK THE NOODLES

Bring a saucepan of water to a 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

Peel and grate **ginger**. Whisk together with **tomato sauce**, **2 tbsp soy sauce**, **1 tbsp brown sugar** and **1/2 cup water**.

6P – whisk together with **tomato sauce**, **3 tbsp soy sauce**, **1 1/2 tbsp brown sugar** and **3/4 cup water**.



3. PREPARE THE VEGETABLES

Slice **spring onions**, **carrots**, **peas** and **celery**. Roughly chop **basil**, keep separate.

Coat **chicken** with **1 tbsp soy sauce** and **pepper**.

6P – coat chicken with **2 tbsp soy sauce** and **pepper**.

FROM YOUR PANTRY

oil for cooking (see notes), soy sauce (or tamari), sugar of choice, pepper

KEY UTENSILS

large frypan or wok, saucepan

NOTES

We used sesame oil for extra flavour. Substitute soy sauce and sugar with kecap manis. We used brown sugar, you can use white, raw or coconut sugar.

No gluten option – wheat noodles are replaced with **bean thread noodles**.



4. COOK THE VEGETABLES

Heat a large frypan/wok over high heat with **2 tbsp oil**. Add **chicken** and cook for 4–5 minutes until beginning to brown. Add **prepared vegetables** and half the **basil**. Stir fry for 3–4 minutes until just tender.



5. FINISH THE MIE GORENG

Add **sauce** and **noodles** to the pan. 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 **basil**.



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