H2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Broccoli

Don't forget the stem! Broccoli stems are sweet and full of flavour. If you have excess stem after preparing your broccoli, you can pickle them to enjoy later.

Chicken and Broccoli

Noodle Stir Fry

Tender noodles are tossed with broccoli, carrot, spring onion and chicken in a sweet teriyaki sauce, then topped with crunchy fried shallots and sesame seeds for a quick and satisfying dinner.

25 minutes Chicken 2 servings

Bulk it up!

Bulk up the stir fry with sliced mushrooms, snow peas, baby corn or capsicum. These will add more colour and crunch.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	19g	65g

FROM YOUR BOX

EGG NOODLES	150g
CHICKEN SCHNITZELS	300g
SPRING ONIONS	1 bunch
CARROT	1
BROCCOLI	1
TERIYAKI SAUCE	1 sachet
FRIED SHALLOTS & SESAME SEED MIX	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, saucepan

NOTES

Toss in a spoonful of ginger-garlic paste when cooking the veggies for extra punch.

For fussy eaters, remove veggies and warm chicken in the pan with teriyaki sauce. Serve noodles, chicken and veggies separately on a plate.

Garnish with fresh coriander or Thai basil, and serve with lime wedges for brightness.

No gluten option - egg noodles are replaced with rice noodles. Cook according to packet instructions or until tender.



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook for 2 minutes or until tender. Drain and rinse well with cold water to stop the cooking process.



2. MARINATE THE CHICKEN

Slice **chicken** into strips. Toss in a bowl with **1/2 tbsp sesame oil** and **1/2 tbsp soy sauce.** Set aside.



3. PREPARE THE VEGETABLES

Slice **spring onions** (reserve green tops for garnish), **carrot** into crescents and cut **broccoli** into florets.



4. COOK THE STIR FRY

Heat a large frypan or wok over high heat with **sesame oil**. Add **chicken** and cook for 2 minutes until sealed. Add prepared **vegetables** and cook for a further 4-5 minutes until tender.



5. TOSS THE NOODLES

Add **noodles** to pan along with **teriyaki sauce** and **1 tbsp water**. Toss until well combined. Season to taste with **soy sauce and pepper.**



6. FINISH AND SERVE

Divide **noodle stir-fry** among bowls. Garnish with **spring onion green tops** and **fried shallots & sesame seeds** (see notes).

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