



Product Spotlight: Hoisin Sauce

Hoisin sauce is like the tomato sauce of Chinese cuisine! A great all-rounder that can be used as a recipe base or a condiment. The flavour starts sweet and finishes with savoury notes. Made locally by The Ugly Mug, it's loved by the Dinner Twist Team.



Japanese Chicken Yakisoba

Delicious stir-fried egg noodles, tossed with veggies galore, pre-cooked free range chicken breast and a savoury hoisin sauce packed with flavour, all garnished with toasted sesame seeds.



25 minutes



2 servings



Chicken

Spice it up!

For extra flavour in your yakisoba, add two crushed garlic cloves and 20-30g grated ginger to the sauce!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	19g	53g

FROM YOUR BOX

EGG NOODLES	150g
SPRING ONIONS	1 bunch
GREEN CABBAGE	1/4
CARROT	1
PRE-COOKED CHICKEN BREAST	1 packet
TOMATO SAUCE	1 jar
HOISIN SAUCE	50ml
SESAME SEEDS	20g

FROM YOUR PANTRY

sesame oil, soy sauce (or tamari), pepper, apple cider vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Reserve spring onion green tops and thinly slice to use as garnish.

White pepper is a great alternative to cracked black pepper, particularly in Japanese and Chinese dishes. It has a milder flavour and is easier to hide from fussy eaters.

No gluten option - noodles are replaced with rice noodles. Cook until al dente.



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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. Reserve **3/4 cup cooking liquid**. Drain and rinse well with cold water to stop the cooking process.



4. STIR FRY THE VEGETABLES

Add **sesame oil** to pan. Add prepared vegetables and stir-fry for 8-10 minutes until well browned.



2. PREPARE THE INGREDIENTS

Thinly slice spring onions (see notes) and cabbage. Use a vegetable peeler to julienne carrot. Roughly tear or chop chicken. Add tomato sauce, hoisin, **2 tsp soy sauce** and **1 tsp vinegar** to a bowl, mix to combine.



5. ADD NOODLES & TOSS

Add chicken, noodles and sauce to vegetables. Add **cooking liquid** 1/4 cup at a time to loosen as necessary. Toss to combine well. Cook for a further 3-4 minutes to warm chicken. Season to taste with **soy sauce** and **pepper** (see notes).



3. TOAST THE SESAME SEEDS

Heat a large frypan or wok over medium-high heat. Add sesame seeds and toast for 2-4 minutes until golden. Remove to a bowl and keep pan over heat.



6. FINISH AND SERVE

Divide stir fried noodles among bowls. Garnish with reserved spring onion green tops and toasted sesame seeds.

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**

