



Product Spotlight: Sesame Seeds

Sesame seeds are considered an excellent source of copper, which helps your body make red blood cells and keeps your immune system healthy.



Miso Chicken Yakisoba

This quick and easy yakisoba is sure to please everyone at the dinner table! Packed with veggies, tossed with noodles, pre-cooked chicken breast and miso sauce.



30 minutes



2 servings



Chicken

What is it?

Yakisoba is a classic Japanese noodle dish with a salty, sweet and sour sauce. Made in one-pan, this recipe is so easy to make and is always a crowd pleaser.

Per serve: **PROTEIN** 32g **TOTAL FAT** 11g **CARBOHYDRATES** 78g

FROM YOUR BOX

WHEAT NOODLES	1 packet
SPRING ONIONS	1 bunch
CARROT	1
CABBAGE	1/2
PRE-COOKED CHICKEN	1 packet
MISO SAUCE	1 sachet
SESAME SEEDS	1 packet

FROM YOUR PANTRY

sesame oil, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

If the noodles stick together, rinse them under cold water or toss with a little sesame oil to separate.

No gluten option - noodles are replaced with rice vermicelli noodles. Cook according to packet instructions or until al dente.



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1. COOK THE NOODLES

Bring a large saucepan full of water to a boil. Add **noodles** and cook according to packet instructions. Reserve **1 cup cooking liquid** and drain **noodles** (see notes). Reserve saucepan.



4. TOSS THE NOODLES

Return **noodles** to saucepan. Add **chicken** (break up into smaller pieces if needed), **miso sauce**, **stir-fried vegetables** and **reserved cooking liquid**. Toss well to combine. Season to taste with **salt and pepper**.



2. PREPARE THE VEGETABLES

Slice **spring onions** into 3cm pieces (reserve some thinly sliced green tops for garnish). Julienne **carrot**. Cut **cabbage** into square pieces (use to taste).



5. FINISH AND SERVE

Divide **noodles** among bowls. Garnish with **spring onion green tops** and **sesame seeds**.



3. STIR-FRY THE VEGETABLES

Heat a large frypan over medium-high heat with **sesame oil**. Cook **spring onions** for 2 minutes. Add **cabbage** and cook for further 2 minutes. Add **carrot** and cook for final 1 minute.

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