



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 pre-cooked chicken in a sweet teriyaki sauce, then topped with crunchy fried shallots and sesame seeds for a quick and satisfying dinner.



30 minutes



Chicken



4/6 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
	23g/27g	11g/15g	60g/58g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
EGG NOODLES	300g	300g + 150g
SPRING ONIONS	1 bunch	1 bunch
CARROTS	2	3
BROCCOLI	1	2
PRE-COOKED CHICKEN	1 packet	2 packets
TERIYAKI SAUCE	2 sachets	3 sachets
FRIED SHALLOTS & SESAME SEED MIX	1 packet	2 packets

FROM YOUR PANTRY

sesame oil for cooking, salt, pepper

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. PREPARE THE INGREDIENTS

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



3. STIR FRY THE VEGGIES

Heat a large frypan over medium-high heat with **sesame oil**. Add **onion** and stir fry for 1 minute (see notes). Add **carrot** and **broccoli**, stir fry for 1 minute. Pour in **1/2 cup water** and cook, semi-covered, for 3–4 minutes until **carrot** is tender.

6P – add **3/4 cup water**.



4. ADD THE CHICKEN

Roughly tear or chop **chicken** (see notes). Add to pan along with **teriyaki sauce** and **1/4 cup water**. Stir fry with **veggies** for 1–2 minutes until warmed through. Season to taste with **salt and pepper**.

6P – add **1/3 cup water**.



5. FINISH AND SERVE

Divide **noodles** among bowls. Add **stir fry**, spoon in **sauce** from pan. Garnish with **spring onion green tops** and **fried shallots & sesame seeds** (see notes).

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