



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.



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.

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



4/6 servings



Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	17g/22g	7g/9g	69g/72g

FROM YOUR BOX

	4 PERSON	6 PERSON
WHEAT NOODLES	2 packets	2 packets
SPRING ONIONS	1 bunch	2 bunches
CARROTS	2	3
CABBAGE	1/2	1/2
PRE-COOKED CHICKEN	1 packet	2 packets
MISO SAUCE	2 sachets	3 sachets
SESAME SEEDS	1 packet	2 packets

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.



Scan the QR code to submit a Google review!



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.



2. PREPARE THE VEGETABLES

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



3. STIR-FRY THE VEGETABLES

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



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**.



5. FINISH AND SERVE

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

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review. **Something not right?** Text us on **0440 132 826** or email **hello@dinnertwist.com.au**

