



Product Spotlight: Bean Shoots

To refresh your bean shoots, place them in a large bowl and cover them with water. Keep them refrigerated until you are ready to use them.



Chicken Mee Goreng

with Rice Noodles

This chicken mee goreng is quick and simple and full of flavour – served with fresh, crunchy bean shoots and red chilli for extra zing!



20 minutes



2 servings



Chicken

Entertaining?

Add some slices of grilled pineapple, sunny-side eggs and finely sliced chives to this dish. Serve it to dinner guests for a great summer night's meal.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	58g	8g	91g

FROM YOUR BOX

RICE NOODLES	1 packet
GINGER	1 piece
SPRING ONIONS	1 bunch
DICED CHICKEN BREAST	300g
CARROT	1
RED CAPSICUM	1
RED CHILLI	1
BEAN SHOOTS	1 bag

FROM YOUR PANTRY

oil for cooking, oyster sauce, sweet chilli sauce

KEY UTENSILS

large frypan, saucepan

NOTES

Remove seeds from chilli for a milder flavour.



1. COOK THE NOODLES

Bring a large saucepan of water to a boil. Add noodles and cook according to packet instructions. Drain and rinse with cold water.



2. MAKE THE SAUCE

Peel and grate ginger. Add to a bowl along with **1 1/2 tbsp oyster sauce**, **1 1/2 tbsp sweet chilli sauce** and **2 tbsp water**. Whisk to combine.



3. BROWN THE CHICKEN

Heat a large frypan over medium-high heat with **oil**. Slice spring onions (reserve some green tops for garnish). Add to pan along with chicken. Cook for 4 minutes until chicken begins to brown.



4. ADD THE VEGETABLES

Julienne or grate carrot. Chop capsicum. Add to pan with chicken and cook, stirring occasionally, for 5 minutes.



5. TOSS THE NOODLES

Add cooked noodles to frypan along with prepared sauce. Toss to combine.



6. FINISH AND SERVE

Finely slice chilli (see notes).

Divide noodles among bowls. Top with bean shoots. Garnish with reserved spring onion green tops and chilli slices.



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