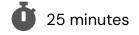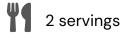**DINNER TWIST**
LOCAL, HEALTHY, DELIVERED

Island Coconut Chicken

with Stir-Fry Noodles

Vegetables and rice noodles stir–fried with coconut curry spice mix from GH Produce and served with chicken schnitzels and charred Asian greens.

Switch it up!

Switch the oyster sauce for soy sauce, tamari or kecap manis. Omit the dried chilli flakes if desired.

⏱ 25 minutes 🍽 2 servings 🍗 Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	24g	114g

FROM YOUR BOX

RICE NOODLES	1 packet
CHICKEN SCHNITZELS	300g
ASIAN GREENS	2 bulbs
GARLIC CLOVE	1
LIME	1
SPRING ONIONS	1 bunch
CARROT	1
BEAN SHOOTS	1 bag
ISLAND CURRY SPICE MIX	1 sachet

FROM YOUR PANTRY

sesame oil, salt, pepper, dried chilli flakes (optional), oyster sauce, ground cumin

KEY UTENSILS

2 frypans, saucepan

NOTES

If you don't have oyster sauce you can use soy sauce instead.

1. COOK THE NOODLES

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

2. COOK THE SCHNITZELS

Heat a large frypan over medium–high heat. Coat schnitzels in **oil, 1 tsp cumin, salt and pepper**. Add to pan and cook for 4–5 minutes each side. Remove schnitzels and reserve frypan.

3. COOK THE ASIAN GREENS

Heat a second frypan over medium–high heat with **oil**. Halve Asian greens and crush garlic clove. Add to pan and cook, turning, for 4 minutes until greens are charred. Remove to a plate, add lime zest, drizzle over **2 tsp oyster sauce** and sprinkle over **1/2–1 tsp chilli flakes** (see notes).

4. STIR-FRY THE VEGETABLES

Cut spring onions into 3cm pieces. Thinly slice carrot. Add to reserved frypan and cook for 2 minutes. Add bean shoots and cook for a further minute.

5. ADD THE NOODLES

Add noodles, spice mix, **3 tbsp water, 1–2 tbsp oyster sauce** and **2 tbsp oil** to pan with stir-fry. Toss well to combine.

6. FINISH AND SERVE

Serve noodles and chicken tableside with lime wedges and charred Asian greens.