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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mrs Tran's Kitchen

Mrs. Tran's Kitchen strive to share the taste of authentic Asian cuisine. From the melting pots of Saigon through to Australia, Mrs. Tran brings true Asian traditional culinary dishes to your home.

MRS TRAN'S KITCHEN EST 1989

Korean Chicken Noodle Salad

with Bibimbap Sauce

Chicken schnitzels pan-fried with spring onions and garlic, served over a bed of thin rice vermicelli noodles, with a rainbow of vegetables and a spicy and savoury bibimbap sauce.

30 minutes | 4/6 servings | Chicken

Spice it down!

Remove seeds from chilli for a milder heat in the bibimbap sauce, or omit from the sauce and slice to serve.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	15g	61g

FROM YOUR BOX

	4 PERSON	6 PERSON
RICE VERMICELLI NOODLES	300g	150g + 300g
RED CHILLI	1	1
CARROT	1	2
LEBANESE CUCUMBER	2	3
SPRING ONIONS	1 bunch	2 bunches
GEM LETTUCE	3-pack	3-pack
GARLIC CLOVES	2	2
MISO SAUCE	2 sachets	3 sachets
CHICKEN SCHNITZELS	600g	600g + 300g
SESAME SEEDS	1 packet	2 packets

FROM YOUR PANTRY

sesame oil, rice wine vinegar (see notes), salt, pepper, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan

NOTES

Gem lettuce leaves can be quite sandy. Submerge the leaves in a bowl of cold water to remove any excess sand before rinsing and drying in a salad spinner.

White wine vinegar, white vinegar, and malt vinegar will all work well.

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1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook according to packet instructions or until tender. Drain and rinse well with cold water to stop the cooking process.



2. PREPARE THE INGREDIENTS

Roughly chop **chilli** (see cover note), julienne **carrot**, cut **cucumbers** into sticks. Thinly slice **spring onions** and crush **garlic**. Pull apart **lettuce** and rinse (see notes).



3. BLEND THE SAUCE

Use a stick mixer to blend **chilli**, **1 garlic clove**, **miso sauce**, **2 tsp soy sauce**, **2 tbsp sesame oil**, **1 tbsp water and 3 tbsp vinegar** to a smooth consistency.

6P - blend chilli with 1 garlic clove, miso sauce, 3 tsp soy sauce, 2 tbsp sesame oil, 2 tbsp water and 3 tbsp vinegar.



4. STIR-FRY SPRING ONIONS

Heat a large frypan over medium-high heat with **sesame oil**. Add **spring onions** and crush in **remaining 1 garlic clove**. Stir-fry for 2 minutes.



5. COOK THE CHICKEN

Season **chicken** with **2-3 tsp soy sauce** and **pepper**. Add to frypan (add extra **sesame oil** if necessary) and cook for 4-5 minutes each side until cooked through.



6. FINISH AND SERVE

Slice **chicken**.

Divide **noodles** among shallow bowls. Add **fresh ingredients, sliced chicken** and **sauce**. Garnish with **sesame seeds**.

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