

**Product Spotlight:
Island Curry Mix**

A warming, coconutty flavour featuring cumin, coconut, turmeric, coriander, WA desert lime, ginger and chilli. This versatile mix goes well with most proteins and even roasted veggies.



Island Coconut Chicken

with Stir-Fry Noodles

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



35 minutes



4/6 servings



Chicken

Switch it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	16g	74g

FROM YOUR BOX

	4 PERSON	6 PERSON
RICE NOODLES	375g	3 x 200g
CHICKEN SCHNITZELS	600g	600g + 300g
ASIAN GREENS	1 bunch	1 bunch
GARLIC CLOVE	1	1
LIME	1	1
SPRING ONIONS	1 bunch	2 bunches
CARROTS	1	2
BEAN SHOOTS	1 bag	1 bag
ISLAND CURRY SPICE MIX	1 sachet	2 sachets

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan or wok, 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 with cold water.



2. COOK THE SCHNITZELS

Heat a large frypan over medium-high heat. Coat **schnitzels** in **oil**, **2-3 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

Halve **Asian greens** and crush **garlic**. Reheat pan with **oil** and cook, turning, for 4 minutes until **greens** are charred.

Remove to a plate, add **lime zest**, drizzle over **1 tbsp oyster sauce** and sprinkle over **1 tsp chilli flakes** (see notes).



4. STIR-FRY THE VEGETABLES

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



5. TOSS IN THE NOODLES

Add **spice mix**, **3-4 tbsp water**, **3 tbsp oyster sauce** and **2 tbsp oil** to pan. Toss in **noodles** and gently combine.

6P - use **1/2 cup water**, **4 tbsp oyster sauce** and **3 tbsp oil**.



6. FINISH AND SERVE

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

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