



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.



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** 32g **TOTAL FAT** 21g **CARBOHYDRATES** 90g

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	1 bunch
GEM LETTUCE	3-pack	3-pack
GARLIC CLOVES	2	2
MISO SAUCE	2 sachets	3 sachets
CHICKEN SCHNITZELS	600g	300g + 600g
SESAME SEEDS	1 packet	2 packets

FROM YOUR PANTRY

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

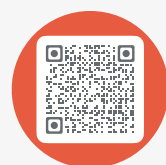
KEY UTENSILS

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.



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.



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).



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.



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**.



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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