



Product Spotlight: Peanut Butter

Natural peanut butter, made with only roasted peanuts, bit of peanut oil and a dash of salt. There are no added sugar or nasties either!



Add to it!

You can add boiled eggs, fresh corn kernels, diced red capsicum, shredded seaweed nori sheets, sesame seeds, sliced pickled radish or edamame beans. You could also serve with a side of Asian greens or broccolini.

Tan Tan Chicken Ramen with Garlic Chilli Oil

A creamy and savoury peanut butter ramen broth, cooked with flavourful diced chicken thighs, served with egg noodles, fresh toppings and a drizzle of garlic chilli oil.



25 minutes



2 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	31g	39g

FROM YOUR BOX

SPRING ONIONS	1 bunch
GARLIC	2 cloves
BUTTON MUSHROOMS	150g
CARROT	1
EGG NOODLES	150g
DICED CHICKEN THIGHS	300g
PEANUT BUTTER	2 tubs

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari), dried chilli flakes

KEY UTENSILS

2 saucepans

NOTES

Use dried chilli flakes to taste or omit all together if preferred.

Use sesame oil to cook for extra flavour

No gluten option – noodles are replaced with **rice noodles**. Cook according to packet instructions or until al dente.



1. PREPARE THE INGREDIENTS

Bring a saucepan of water to a boil.

Thinly slice **spring onions** (reserve green tops for garnish), **garlic** and **mushrooms**. Julienne **carrot**.



2. COOK THE NOODLES

Add **noodles** to boiling water. Cook according to packet instructions or until al dente. Drain and rinse well with cold water.



3. MAKE THE GARLIC OIL

Heat a large saucepan over medium heat with **1/4 cup oil**. Add **1/2 sliced garlic** and cook, stirring, for 3–4 minutes until garlic is just golden. Remove to a bowl and stir in **1 1/2 tsp chilli flakes** (see notes). Keep pan over heat for step 4.



4. BROWN THE CHICKEN

Increase heat to medium-high and add extra **oil** (see notes). Season **chicken** with **2 tsp soy sauce and pepper**. Add to saucepan and cook for 5 minutes, stirring. Add mushrooms, spring onions and remaining garlic. Cook for further 3 minutes.



5. SIMMER THE RAMEN

Add **1 L water, peanut butter** and **1 1/2 tbsp soy sauce** to a jug and whisk to break up and lumps. Pour into saucepan and mix to combine. Simmer broth for 10 minutes. Season to taste with **soy sauce** and **pepper**.



6. FINISH AND SERVE

Divide noodles among bowls. Ladle in ramen. Top with julienned carrot. Drizzle over garlic chilli oil and garnish with reserved spring onion green tops.



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