



### 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!




## Tan Tan Chicken Ramen

### with Garlic Chilli Oil

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

 25 minutes

 2 servings

 Chicken

## 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.*

Per serve: **PROTEIN** 46g **TOTAL FAT** 29g **CARBOHYDRATES** 53g

## FROM YOUR BOX

SPRING ONIONS	1 bunch
GARLIC CLOVES	2
BUTTON MUSHROOMS	150g
CARROT	1
RAMEN NOODLES	1 packet
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 thick vermicelli rice noodles.** Cook in boiling water for 18-20 minutes 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 **1L 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 chili oil** and garnish with **reserved spring onion** green tops.



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