



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

 4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	41g	25g/29g	38g/42g

FROM YOUR BOX

	4 PERSON	6 PERSON
SPRING ONIONS	1 bunch	2 bunches
GARLIC CLOVES	3	4
BUTTON MUSHROOMS	150g	300g
RAMEN NOODLES	1 packet	2 packets
DICED CHICKEN THIGHS	600g	600g + 300g
PEANUT BUTTER	3 tubs	5 tubs
BEAN SHOOTS	1 bag	1 bag

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.



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1. PREPARE THE INGREDIENTS

Bring a saucepan of water to a boil.

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



4. BROWN THE CHICKEN

Increase heat to medium-high and add extra **oil** (see notes). Season **chicken** with **1 tbsp 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.

6P - season chicken with 1 1/2 tbsp soy sauce and pepper.



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.



5. SIMMER THE RAMEN

Add **1.5L water**, **peanut butter** and **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**.

6P - add 2L water, peanut butter and 3 tbsp soy sauce to a jug and whisk to break up lumps.



3. MAKE THE GARLIC OIL

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



6. FINISH AND SERVE

Divide **noodles** among bowls. Ladle over **ramen**. Top with **bean shoots**. Drizzle over **garlic chilli oil** and garnish with **reserved spring onion green tops**.

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