



## Stir Fry Chicken Noodles

Tender chicken strips, fresh vegetables and soft noodles tossed in a savoury ginger soy sauce for an easy family-friendly stir-fry.



25 minutes



Chicken



2 servings

## FROM YOUR BOX

|                         |         |
|-------------------------|---------|
| RICE NOODLES            | 200g    |
| GINGER                  | 1 piece |
| SHALLOT                 | 1       |
| KAI LAN                 | 1 bunch |
| CARROT                  | 1       |
| CHICKEN STIR-FRY STRIPS | 300g    |

## FROM YOUR PANTRY

oil for cooking, salt and pepper, cornflour, soy sauce (or stir-fry sauce of choice)

## NOTES

This recipe is easy to customise with extra vegetables such as broccoli, capsicum, snow peas or bean shoots.

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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 cooking and prevent sticking.

## 2. PREPARE THE INGREDIENTS

Peel and grate **ginger**. Combine in a small bowl with **1/2 tbsp cornflour**, **1/4 cup soy sauce** (or stir-fry sauce of choice) and **1/4 cup water**.

Slice **shallot**. Trim and slice **kai lan** (use to taste) into 4cm lengths. Julienne **carrot** or cut into thin crescents.

**TIP** *The vegetables may vary in size so we recommend using the sauce according to taste to cover all the stir-fry. Try oyster sauce or hoisin sauce in place of some soy sauce for extra depth of flavour.*

## 3. COOK THE STIR FRY

Coat **chicken** with **1/2 tbsp soy sauce** and **1 tsp cornflour**. Heat a large wok or frypan over medium-high heat with **oil**. Add **chicken** and cook for 4–5 minutes until sealed and lightly golden. Add **shallot**, **kai lan** and **carrot**. Cook for 2–3 minutes until vegetables are just tender. Pour in **sauce mixture** and simmer for 1–2 minutes until slightly thickened. Toss through **noodles** until well coated. Season to taste with **salt and pepper**.

**TIP** *Add crushed garlic, chilli flakes or a drizzle of sesame oil for extra flavour.*

## 4. FINISH AND SERVE

Divide **stir-fry noodles** among bowls and serve.

**TIP** *Garnish with sliced spring onions, fresh coriander, fried shallots, sliced chilli or a squeeze of lime if you have some on hand.*

**This recipe has simplified instructions to help lower your meal cost.**