



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
RICE NOODLES	2 x 200g	3 x 200g
GINGER	1 piece	2 pieces
SHALLOT	1	2
KAI LAN	1 bunch	1 bunch
CARROT	1	2
CHICKEN STIR-FRY STRIPS	600g	600g + 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 – 1/3 cup soy sauce** (or stir-fry sauce of choice) and **1/4 cup water**.

Slice **shallot**. Trim and slice **kai lan** into 4cm lengths. Julienne **carrot** or cut into thin crescents.

6P – use 3 tsp cornflour, 1/3–1/2 cup soy sauce or stir fry sauce of choice and 1/3 cup water.

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 tbsp soy sauce** and **1/2 tbsp 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**.

6P – coat chicken with 1 1/2 tbsp soy sauce and 3 tsp cornflour.

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.