



Product Spotlight: Konjac Noodles

Konjac noodles are made from a fibre that comes from the root of the konjac plant. They have very little flavour which is great for tossing through a salad with sauce or into a broth!



2 Sweet & Sour Chicken Stir Fry

Tender chicken stir-fry strips with pineapple, ginger and Asian greens, served on a bed of konjac noodles.

 30 minutes

 2 servings

 Chicken

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Spice it up!

You can add some sweet chilli sauce or use oyster sauce instead of soy sauce for a more flavourful stir fry! Fresh lemongrass or kaffir lime leaves would also compliment these flavours well. Garnish with cashews or peanuts.

Per serve: **PROTEIN** 37g **TOTAL FAT** 5g **CARBOHYDRATES** 32g

FROM YOUR BOX

KONJAC NOODLES	1 packet
ASIAN GREENS	2 bulbs
RED CAPSICUM	1
CARROT	1
GINGER	1 piece
PINEAPPLE	1 tin
TOMATO PASTE	1 sachet
CHICKEN STIR FRY STRIPS	300g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, red wine vinegar, soy sauce (or tamari), cornflour, maple syrup

KEY UTENSILS

large frypan, kettle (optional)

NOTES

If you don't have a kettle you can cook the noodles in a saucepan of boiling water for 1 minute.

Use rice wine vinegar if you have some instead of red wine vinegar for a more authentic flavour.

You can use sesame oil for extra flavour when cooking the chicken.



1. PREPARE THE NOODLES

Boil the kettle (see notes). Drain noodles from packet and rinse. Place in a large bowl and cover with boiling water for 1 minute, or until tender. Drain and rinse. Set aside.



2. PREPARE VEGETABLES

Trim and slice Asian greens. Slice capsicum and cut carrot into crescents. Peel and grate ginger to yield 1/2 tbsp.



3. MAKE THE SAUCE

Whisk together pineapple juice (reserve pieces) with tomato paste, **1/2 tbsp cornflour**, **1/2 tbsp maple syrup**, **2 tbsp vinegar** and **2 tbsp soy sauce** (see notes). Set aside.



4. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil** (see notes). Add chicken and season with **salt and pepper**. Cook for 5 minutes until browned.



5. ADD VEGETABLES

Add prepared vegetables, pineapple pieces and sauce. Cook for 5-6 minutes until vegetables are tender and sauce has slightly thickened.



6. FINISH AND PLATE

Divide noodles among bowls. Top with chicken stir fry.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

