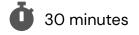
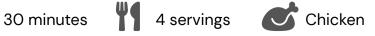


# Sweet & Sour Chicken Stir Fry

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







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.

18g

## **FROM YOUR BOX**

KONJAC NOODLES	2 packets
ASIAN GREENS	1 bunch
RED CAPSICUM	1
CARROTS	2
GINGER	1 piece
PINEAPPLE	1 tin
TOMATO PASTE	1 sachet
CHICKEN STIR FRY STRIPS	600g

<sup>\*</sup>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 packets 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 carrots into crescents. Peel and grate ginger to yield 1 tbsp.



## 3. MAKE THE SAUCE

Whisk together pineapple juice (reserve pieces) with tomato paste, 1/2 tbsp cornflour, 1/2 tbsp maple syrup, 3 tbsp vinegar, 2 tbsp soy sauce and 1/4 cup water (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



