



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Chicken Thai Glass Noodle Salad

A light and zesty summer salad featuring tender chicken, fragrant mint and bean thread noodles tossed with lime dressing.



30 minutes



Chicken



4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
BEAN THREAD NOODLES	200g	200g + 100g
DICED CHICKEN BREAST	600g	600g + 300g
SPRING ONIONS	1 bunch	1 bunch
MINT	1 packet	2 packets
CARROTS	2	2
RED CHILLI	1	1
LIME	1	2

FROM YOUR PANTRY

oil for cooking, fish sauce, sugar (of choice), rice wine vinegar (see notes)

NOTES

Rice wine vinegar can be substituted with extra lime juice or apple cider vinegar. We used coconut sugar in the dressing for extra flavour. Fish sauce can be substituted with soy sauce.

1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add **noodles** and cook for 2–3 minutes or until tender. Drain and rinse in cold water.

TIP *Toss the cooked noodles with some sesame oil to prevent from sticking.*

2. COOK THE CHICKEN

Coat **chicken** with **1 tbsp fish sauce** and **pepper**. Cook in a frypan over medium–high heat with **oil** for 8–10 minutes turning or until cooked through.

6P – use **1 1/2 tbsp fish sauce for the chicken**.

TIP *We used coconut oil for extra fragrance. Add some crushed garlic for depth of flavour. Cook the chicken on the BBQ hotplate for a charred flavour.*

3. TOSS THE SALAD

Thinly slice **spring onions**, **mint leaves** and julienne or grate **carrots**. Add to a large salad bowl with cooked **noodles**. Deseed and chop **chilli**. Combine with **1/2 lime zest and juice** (wedge remaining), **2 tbsp fish sauce**, **1 tbsp sugar**, **1 1/2 tbsp vinegar** and **3 tbsp water** to make a dressing.

6P – use **zest and juice from 1 lime**, **3 tbsp fish sauce**, **1 1/2 tbsp sugar**, **2 tbsp vinegar** and **1/2 cup water to make the dressing**.

TIP *Add crushed garlic or 1–2 tbsp sweet chilli sauce to the dressing for extra flavour. Add chopped coriander, cherry tomatoes, sliced capsicum or thinly shredded cabbage for bulk.*

4. FINISH AND SERVE

Top **noodle salad** with **chicken**. Spoon over **dressing** and serve with **lime wedges**.

6P – **wedge remaining lime to serve**.

TIP *You can add some chopped peanuts, cashews, sesame seeds or fried shallots for texture.*

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