



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Baby Corn

Baby corn is simply corn that has been harvested early while the stalks are still small. It is eaten whole (cob included), raw or cooked. Baby corn is common in stir-fry dishes.



1 Five spice chicken noodles

Five spice noodle stir-fry served with chicken and finished with crispy shallots and sesame seeds.

 20 minutes

 2 servings



 Chicken

8 March 2021

Spring Onions

When cooking with spring onions, make sure you use the whole spring onion, both the white and green part! The green ends makes a great garnish too!

FROM YOUR BOX

SLICED CHICKEN BREAST 	300g
NOODLES	1 packet
SPRING ONIONS	2
RED CAPSICUM	1/2 *
BABY CORN	1 punnet
PAK CHOY	2 bulbs
FRIED SHALLOTS/SESAME SEEDS	1 packet (30g)
 KING OYSTER MUSHROOMS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

sesame oil (or other), pepper, Chinese five spice (see notes), soy sauce, honey, 1 garlic clove


KEY UTENSILS

saucepan, large frypan or wok

NOTES

Serve noodles, veggies and chicken separately if you like!

If you're not a fan of Chinese five spice, you can season with sweet chilli or hoisin sauce instead!

 **VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.**



1. MAKE THE SAUCE


Bring a saucepan of water to boil.

Combine **1 crushed garlic clove** with **1 tsp Chinese five spice**, **1 tbsp honey**, **3 tbsp soy sauce**, **1 tbsp water** and **1 tbsp sesame oil**.



4. PREPARE THE VEGETABLES

Slice spring onions and capsicum, halve baby corn. Trim and roughly chop pak choy.

 **VEG OPTION - Prep all vegetables as per above. Trim and dice king oyster mushrooms.**



2. COOK THE CHICKEN


Heat a large frypan or wok with **oil** over medium-high heat. Add chicken and cook for 3-4 minutes on each side. Add 1 tbsp of the sauce and turn to coat. Remove from pan once cooked through, see step 5.

 **VEG OPTION - Skip this step.**



5. STIR-FRY THE VEGETABLES

Add prepared vegetables to pan. Stir-fry for 2-3 minutes or until softened to your liking. Stir in noodles and half of the sauce.

 **VEG OPTION - Heat a large pan or wok with oil over high heat. Add all prepared vegetables and cook until softened to your liking. Toss in noodles and sauce.**




3. COOK THE NOODLES

Meanwhile, add noodles to boiling water and cook according to packet instructions or until cooked al dente. Drain and rinse under cold water.



6. FINISH AND PLATE

Serve noodles and stir-fried veggies with five spice chicken tenderloins. Garnish with fried shallot mix. Spoon over remaining sauce and season with **pepper** to taste.

 **VEG OPTION - Serve veggie stir-fry in bowls and top with fried shallot mix to serve.**

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