



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Red Cabbage

Cabbage belongs to the cruciferous vegetable family, related to kale, broccoli and brussels sprouts. Red cabbage provides a good source of antioxidants!



1 Honey Soy Chicken Salad Cups with Noodles

Designed to be shared – crispy lettuce cups filled with noodles, chicken strips and fresh veggies. Drizzled with a homemade honey & soy dressing.

 20 minutes

 4 servings



 Chicken

21 December 2020

Speed it up!

Toss noodles chicken/mushrooms, fresh veggies and dressing to make a large salad. Perfect for a picnic!

FROM YOUR BOX

WHEAT NOODLES	1 packet
HONEY SACHETS	2
GINGER	1 piece
CORIANDER	1/2 packet *
CHICKEN STIR-FRY STRIPS 	600g
BABY COS LETTUCE	2-pack
SHREDDED RED CABBAGE	1 bag (200g)
CONTINENTAL CUCUMBER	1
 SLICED MUSHROOMS	2 punnets

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking (sesame or other), soy sauce, red wine vinegar (optional), salt, pepper


KEY UTENSILS

saucepan, large frypan

NOTES

To quickly make lettuce cups – cut the ends of the lettuce to make it easier to separate.

No gluten option – wheat noodles are replaced with rice noodles. Boil for 2–4 minutes or until tender. Rinse in cold water.

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



1. BOIL THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook according to the packet instructions or until al dente. Drain and rinse in cold water.




2. MAKE THE DRESSING

Whisk to combine 2 honey sachets, **2 tbsp oil**, **2 tbsp soy sauce** and **2 tbsp water**. Grate 1 tbsp ginger and chop coriander stems (reserve leaves). Add to dressing and set aside.



3. COOK THE CHICKEN

Heat a large frypan with **oil** over medium-high heat. Add chicken strips and cook for 6–8 minutes or until cooked through. Add 2 tbsp dressing halfway through cooking.

 **VEG OPTION – cook sliced mushrooms for 4–6 minutes (or to your liking), adding 2 tbsp of the dressing.**



4. PREPARE LETTUCE CUPS

Separate and rinse lettuce leaves (see notes).




5. PREPARE FRESH INGREDIENTS

Toss red cabbage with **1 tbsp vinegar**, **salt** and **pepper** (optional). Slice cucumber and arrange on a platter with reserved coriander leaves.



6. FINISH AND SERVE

Fill the lettuce cups at the table with noodles, chicken, cabbage and cucumber. Drizzle with dressing to taste and garnish with coriander leaves.

 **VEG OPTION – Serve as per above, using seasoned mushrooms instead of chicken strips.**

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

