



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mango

Mangoes were first grown in India over 5,000 years ago. In fact, the paisley pattern which was first developed there is based on the shape of a mango.



3 Vermicelli Noodle Salad with Mango & Chicken

Vermicelli noodles tossed with a heap of healthy crunchy veggies, fresh mint, cooked chicken and a lime sweet chilli dressing. Finished with cashew nuts.

 20 minutes

 4 servings



 Chicken

30 November 2020

Like heat?

Add some fresh chilli, chilli flakes or chilli sauce to the dressing if you love hot food!

FROM YOUR BOX

VERMICELLI RICE NOODLES	1 packet (250g)
LIME	1
GEM LETTUCE	1*
RED CAPSICUM	1
MANGO	1
CARROT	1
MINT	1/2 bunch *
BEAN SHOOTS	1 bag (250g)
COOKED CHICKEN 	1 packet
CASHEW NUTS	1 packet
 VEGGIE PATÉ	1 packet

*Ingredient also used in another recipe

FROM YOUR PANTRY


oil (sesame or other), sweet chilli sauce, salt (or soy sauce)

KEY UTENSILS

large saucepan

NOTES

Sweeten the dressing to taste with 1/2-1 tsp sugar, honey or maple syrup if desired.

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



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.



2. MAKE THE DRESSING

Zest lime and combine with lime juice, **3 tbsp sesame oil, 2 tbsp sweet chilli sauce and 1 tbsp water** (see notes). Set aside.



3. PREPARE THE SALAD

Shred lettuce and slice capsicum and mango. Grate or julienne carrot and chop or tear mint leaves. Place in a bowl with bean shoots.




4. TOSS IN THE NOODLES

Add noodles and chicken to bowl along with 2-3 tbsp of dressing. Toss to combine well and season with **salt** (or soy) to taste.



5. FINISH AND SERVE

Serve noodle salad topped with cashew nuts at the table. Drizzle with extra dressing to taste.

 **VEG OPTION** - Dice veggie paté and add to bowl with noodles and 2-3 tbsp of dressing. Toss to combine well.

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**

