

Printfid00256hero gingerlemonchicken 206 badge

## Ginger-Lemon Chicken

and Vegetable Stir-Fry



20-30min



4 Portions

This classic chicken stir-fry is seasoned with lots of lemon, garlic and ginger, making this speedy dish a lovely Asian-inspired meal that the whole family will love. Ask the kids if they would like their noodles tossed through the stir-fry, or let them do it themselves in their bowls for a bit of fun.

## What we send

- sesame oil <sup>11</sup>
- sauce mix <sup>6</sup>
- lemon
- coriander, ginger, 2 garlic cloves
- egg noodles <sup>1,3</sup>
- snow peas
- red capsicum
- carrot
- free-range chicken breast fillet

## What you'll require

- salt and pepper
- vegetable oil

## Utensils

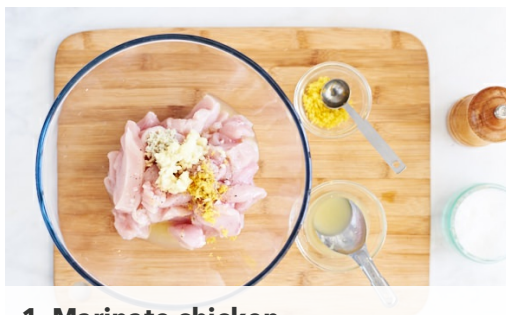
- Colander
  - grater
  - large saucepan
  - paper towel
  - wok or deep frying pan
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens.

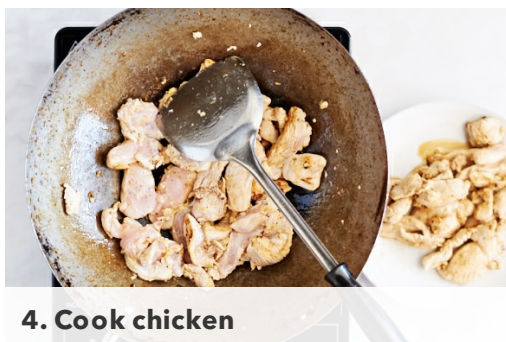
## Nutrition per serving

Energy 775.0kcal, Fat 13.5g, Proteins 55.4g, Carbs 102.1g



**1. Marinate chicken**

Bring a large saucepan of water to the boil for the noodles. Zest and juice the **lemon**. Finely chop the **garlic**. Peel and finely grate **ginger**. Cut **chicken** into thin strips. Combine 1 tsp **lemon zest** with the **lemon juice**, **ginger** and garlic in a bowl. Season with **salt and pepper**, if desired. Add **chicken strips** and toss to combine.



**4. Cook chicken**

Heat 2 tsp **vegetable oil** in a wok over medium-high heat. Add half the **chicken** and **marinade** and stir-fry for 2-3 mins until chicken turns white. Remove chicken from pan and cook remaining chicken. Add to first batch of cooked chicken.



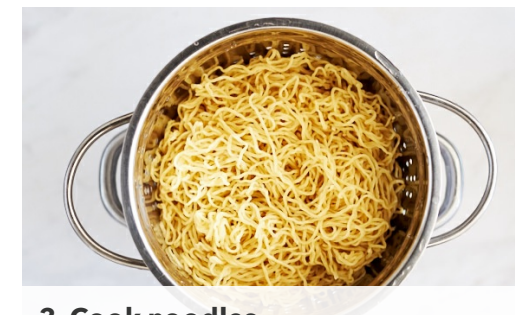
**2. Prepare vegetables**

Cut **carrots** in half then cut into thin matchsticks. Discard **capsicum** seeds and membranes. Thinly slice lengthwise, then cut in half. Trim the **snow peas** then thinly slice lengthwise. Pick **coriander** leaves (discard stems) and coarsely chop.



**5. Add vegetables**

Wipe out pan with paper towel and heat 1 tbs **vegetable oil** in same pan over medium heat. Stir-fry **carrots** with 1 tbs **water** for 2 mins. Add **capsicum** and stir-fry for 1 min. Add **snow peas** and stir-fry for 1 min.



**3. Cook noodles**

Cook the **noodles** in the pan of boiling water for 2 mins, stirring occasionally to prevent them sticking together. Drain then rinse briefly under cold water.



**6. Finish stir-fry**

Return **chicken** and any juices to the pan with the **sauce mix** and **sesame oil** and toss to combine (see cooking tip). Serve the **noodles** topped with stir-fried chicken and **coriander**.