



MARLEY SPOON



Longevity Noodles with Ginger Chicken and Shiitake Mushrooms

 20-30min  2 Portions

Longevity noodles are always made for Chinese New Year and other celebrations, such as birthdays, as they represent long life. The noodle strands should always be served uncut and when eating them it's best if you try to avoid biting through the stands, too! Kung hei fat choy!

What we send

- shiitake mushrooms
- sesame seeds ¹¹
- egg noodles ^{1,3}
- ginger, garlic clove, spring onion
- rice wine vinegar
- dried chilli flakes
- cornflour ¹⁷
- free-range chicken thigh fillet
- sesame oil ¹¹

What you'll require

- salt and pepper
- soy sauce ⁶
- vegetable oil
- white pepper

Utensils

- grater
- medium saucepan
- sieve
- 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), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 820.0kcal, Fat 27.5g, Proteins 49.6g, Carbs 92.4g



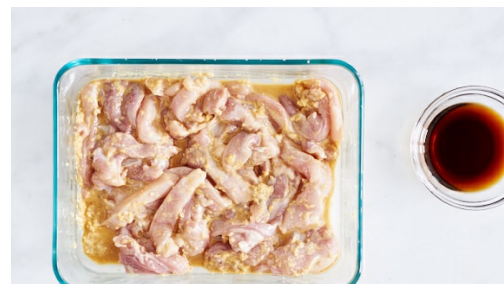
1. Prepare ingredients

Bring a medium saucepan of water to the boil for the noodles. Thinly slice the **spring onions**. Finely chop or crush the **garlic**. Peel and finely grate the **ginger**. Remove the woody stem from the **mushrooms** and thinly slice. Trim any excess fat from the chicken and slice into thin strips.



4. Stir-fry chicken

Heat 1 tbs **vegetable oil** in a wok or large frypan over high heat. Stir-fry the **dried chilli flakes** (use half or to taste - be careful they are hot) for 10 secs. Push flakes to the side of the pan and add the **marinated chicken**, making sure that you spread the chicken into a single layer. Cook, without stirring, for 1 min or until chicken begins to brown.



2. Marinate chicken

Combine the **chicken**, 1 tsp **cornflour** (save remainder for another use), **garlic**, **ginger** and 1 tsp of **rice wine vinegar** and 1 tbs **soy sauce** in a shallow dish. Add a pinch of **sea salt and pepper** and toss to coat. Combine remaining 3 tsp rice wine vinegar and 1 tbs soy sauce in a small bowl.



5. Stir-fry mushrooms

Stir-fry the **chicken** and **chilli flakes** for 1-2 mins until just cooked. Transfer to a bowl. Add 1 tbs **vegetable oil** to the pan and stir-fry the **mushrooms** for 1-2 mins until lightly golden. Add to the chicken.



3. Cook noodles

Loosen $\frac{2}{3}$ of the **egg noodles** using your hands (reserve remaining noodles for another use). Cook in the pan of boiling water for 1-2 mins until just tender, stirring to prevent from sticking. Drain and refresh under cold water until cool. Drain well and return to the pan with the sesame oil. Toss to coat.



6. Get ready to serve

Stir-fry the **noodles** in the pan for 30 secs, moving constantly to heat through. Add the **sauce mixture**, **chicken**, **mushrooms**, **sesame seeds** (reserve some for garnish) and a pinch of **ground white pepper** and stir-fry for 1-2 mins until heated through. Divide between two bowls and garnish with **spring onion** and remaining sesame seeds.