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Fragrant Grilled Chicken

with Noodles and Stir-Fried Veggies



20-30min



4 Portions

We simply love digging in and twirling the noodles of this super-easy chicken stir-fry! Protein-rich, the meal is also a source of essential vitamins and minerals - proof that you don't need a lot of time and effort to make a tasty, nutritious dinner, any night of the week.

What we send

- 1 red chilli, 2 garlic cloves, ginger and coriander
- zucchini
- ramen noodles ¹
- sauce mix ^{1,6}
- red capsicum
- carrot
- free-range chicken breast fillet

What you'll require

- olive oil
- vegetable oil

Utensils

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

Allergens

Gluten (1), Soy (6). May contain traces of other allergens.

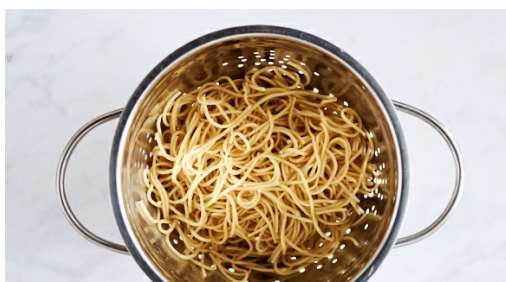
Nutrition per serving

Energy 545.0kcal, Fat 11.2g, Proteins 49.7g, Carbs 57.7g



1. Prepare chicken

Crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Place 2 tbs **olive oil** in a shallow dish with half the garlic and half the ginger. Add the **chicken** and turn to coat. Bring a large saucepan of water to the boil for the noodles.



4. Cook noodles

Meanwhile, cook the **noodles** in the pan of boiling water for 4 mins. Drain then rinse under hot water to prevent the noodles from sticking.



2. Prepare vegetables

Cut the **carrots** in half lengthwise then thinly slice into semi-circles. Thinly slice **capsicum**, discarding seeds and membrane. Slice the **zucchini** into 0.5cm slices. Coarsely chop **coriander** leaves and stems. Thinly slice the **chilli** (deseed for less heat if you prefer).



5. Cook vegetables

Heat 1 tbs **vegetable oil** in a wok over medium heat. Cook the remaining **garlic** and **ginger** for 30 secs. Add **carrots** and 1 tbs water and stir-fry for 2 mins. Add **capsicum** and **zucchini** and stir-fry for 2 mins. Add **sauce mix** and any chicken cooking juices and stir-fry for 1 min or until vegetables are tender.



3. Grill chicken

Preheat oven grill to medium and adjust the tray so that the **chicken** will fit under the grill with a little space to spare. Place the chicken on an oven tray lined with foil. Cook under the grill for 8-10 mins turning once, until just cooked through (the cooking time will depend on your oven grill).



6. Get ready to serve

Thickly slice the **chicken**. Divide the **noodles** between 4 bowls and top with the **vegetables** and chicken. Scatter over **coriander** and **chilli**, for adults, if liked.