

# DINNERLY



 HEALTHY

## Chicken Mee Goreng with Pak Choy



20-30 minutes



2 Servings

Oh chicken stir-fry; how much do we love thee? Let's count the ways. You're super easy, you taste great and everyone adores you, especially with lashings of sweet, sticky kecap manis.

## WHAT WE SEND

- free-range chicken thigh fillet
- 60ml kecap manis <sup>1,6,17</sup>
- 1 packet dry egg noodles <sup>1,3</sup>
- 1 bunch pak choy, 1 spring onion
- 30g garlic-chilli sauce <sup>14</sup>

## WHAT YOU NEED

- egg <sup>3</sup>
- garlic clove
- salt and pepper
- soy sauce <sup>6</sup>
- vegetable oil

## TOOLS

- medium saucepan

Our veggies come straight from the farm, so please wash them before cooking.

## COOKING TIP

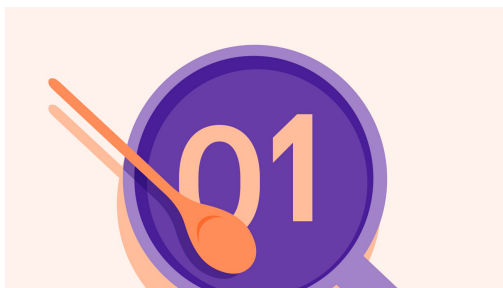
The remaining kecap manis won't be used in this dish. If you prefer less heat, add the chilli-garlic sauce to taste. If you don't have an egg, no sweat; these noodles are just as delicious without one.

## ALLERGENS

Gluten (1), Egg (3), Soy (6), Mollusc (14), Sulphites (17). May contain traces of other allergens.

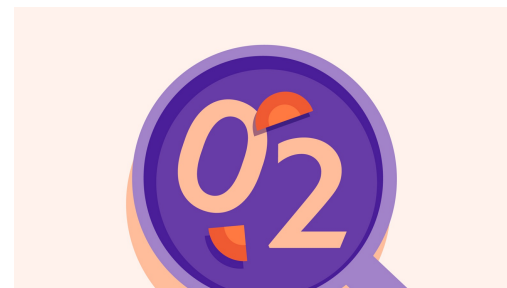
## NUTRITION PER SERVING

Energy 575kcal, Fat 20.0g, Carbs 54.4g, Proteins 42.0g



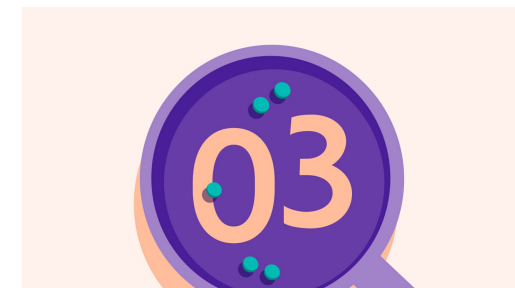
### 1. Prep ingredients

Bring a medium saucepan of lightly salted water to the boil. Cut the **spring onion** on an angle into 2cm lengths. Crush or finely chop **2 garlic cloves**. Trim and halve the **pak choy** lengthwise, then cut into 3cm lengths. Trim any excess fat from the **chicken** then thinly slice.



### 2. Cook noodles

Cook **two-thirds of the noodles** (the remaining noodles won't be used in this dish) in the pan of boiling water for 3 mins or until tender. Drain, then rinse the noodles under cold running water to prevent them sticking. Set aside.



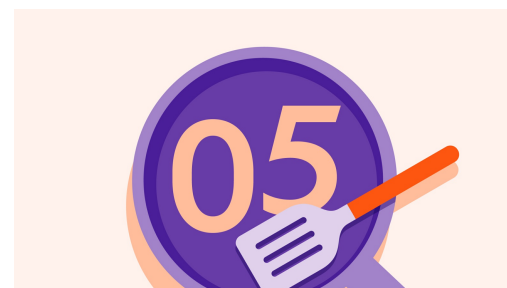
### 3. Stir-fry chicken

Heat **2 tsp vegetable oil** in a wok or large deep frypan over medium-high heat. Stir-fry the **chicken** for 2-3 mins until golden. Add the **garlic** and stir-fry for 1 min or until fragrant. Season with **pepper** and transfer to a bowl, reserving the pan.



### 4. Make stir-fry sauce

Meanwhile, combine **half the kecap manis**, **2 tsp chilli-garlic sauce** (see cooking tip) and **1½ tbs soy sauce** in a bowl. Lightly beat **1 egg** in a separate bowl (see cooking tip). Heat **2 tsp vegetable oil** in the reserved pan over medium-high heat. Add the **egg** and cook for 1-2 mins until just set on the bottom. Roll up, then remove from the pan.



### 5. Combine and serve up

Add the **pak choy**, **spring onion**, **chicken mixture**, **noodles** and **stir-fry sauce** to the pan and cook, tossing, for 2 mins or until warmed through and well combined. Season with **pepper** and divide among bowls. Cut the **omelette** into strips and scatter over the top. Serve with the **remaining chilli-garlic sauce** for those who like it.



### 6. Make it yours

Love toppings? Load these noodles with fried shallots and sprigs of coriander.