

DINNERLY



 **HEALTHY**

Chicken Mee Goreng with Pak Choy



20-30 minutes



4 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

- 60ml kecap manis ^{1,6,17}
- 2 packets dry egg noodle ^{1,3}
- free-range chicken thigh fillets
- 2 bunches pak choy, 2 spring onions
- 60g garlic-chilli sauce ¹⁴

WHAT YOU NEED

- egg ³
- garlic clove
- salt and pepper
- soy sauce ⁶
- vegetable oil

TOOLS

- medium saucepan

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

COOKING TIP

If you prefer less heat, add the chilli garlic sauce to taste. If you don't have eggs, 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 595kcal, Fat 22.3g, Carbs 54.4g, Proteins 42.0g



1. Prep ingredients

Bring a medium saucepan of lightly salted water to the boil. Cut the **spring onions** on an angle into 2cm lengths. Crush or finely chop **3 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 **1 tbs 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.



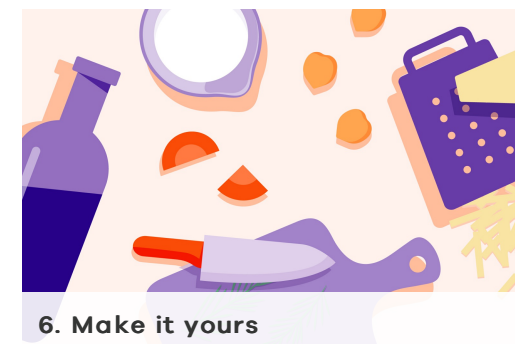
4. Make stir-fry sauce

Meanwhile, combine the **kecap manis**, **1 tbs chilli-garlic sauce** (see cooking tip) and **2½ tbs soy sauce** in a bowl. Lightly beat **2 eggs** in a separate bowl (see cooking tip). Heat **1 tbs 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.