

MARLEY SPOON



Fragrant Chicken Stir-Fry

with Egg Noodles



20-30min



2 Portions

For dinner in a flash, look no further than this fresh stir-fry. Give strips of free-range chicken breast a toss in a wok with aromatic ginger and garlic, then fire in crunchy capsicum and zucchini. A mix of mirin and rice wine vinegar brings it all together over a bowl of steaming egg noodles.

What we send

- ginger
- coriander, red chilli, garlic
- free-range chicken breast fillet
- dry egg noodles ^{1,3}
- capsicum
- zucchini
- mirin ¹
- rice wine vinegar

What you'll require

- soy sauce ⁶
- vegetable oil

Utensils

- fine grater
- medium saucepan
- deep frypan or wok

Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

Nutrition per serving

Energy 670kcal, Fat 22.6g, Carbs 62.7g, Proteins 48.2g



1. Marinate chicken

Crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Put **1 tbs vegetable oil** in a large bowl with **half the garlic** and **half the ginger**. Put the **chicken** on a board. Put your hand on top and slice in half horizontally through the middle, then slice into strips. Add to the marinade and toss to coat.



2. Prepare vegetables

Thinly slice the **capsicum**, discarding the seeds and membrane. Halve the **zucchini** lengthwise, then slice on an angle. Coarsely chop the **coriander**, including the stems. Thinly slice the **chilli**, removing the seeds if less heat is desired. Bring a medium saucepan of water to the boil for the noodles.



3. Cook chicken

Heat a wok over high heat. Stir-fry the **chicken** for 3-4 mins until golden. Remove from the pan and keep warm.



4. Cook noodles

Meanwhile, cook **two-thirds of the noodles** (the remaining noodles won't be used in this dish) in the pan of boiling water for 4 mins. Drain, then rinse under hot water to prevent the noodles from sticking. While the noodles are cooking, combine the **mirin, rice wine vinegar** and **1 tbs soy sauce** in a small bowl.



5. Stir-fry vegetables

Heat **1 tbs vegetable oil** in the wok over medium-high heat. Cook the **remaining garlic and ginger** for 30 secs until fragrant. Increase the heat to high and add the **capsicum** and **zucchini** and stir-fry for 2 mins. Return the **chicken** to the pan with any resting juices. Add the **prepared sauce** and stir-fry for 1-2 mins until chicken is warmed through.



6. Get ready to serve

Stir in the **coriander**. Divide the **noodles** and **chicken stir-fry** among bowls. Scatter over the **chilli**, if liked, to serve.