

# MARLEY SPOON



## Fragrant Chicken Stir-Fry

with Egg Noodles



20-30min



4 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

- dry egg noodles <sup>1,3</sup>
- coriander, red chilli, garlic
- capsicum
- zucchini
- ginger
- free-range chicken breast fillet
- mirin <sup>1</sup>
- rice wine vinegar

## What you'll require

- soy sauce <sup>6</sup>
- vegetable oil

## Utensils

- fine grater
- large 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 625kcal, Fat 18.0g, Carbs 62.5g, Proteins 48.2g



### 1. Marinate chicken

Crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Put **1½ 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 **capsicums**, discarding the seeds and membrane. Cut the **zucchini** in half 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 large saucepan of water to the boil for the noodles.



### 3. Cook chicken

Heat a wok over high heat. Add the **chicken** and stir-fry 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 **2 tbs soy sauce** in a small bowl.



### 5. Stir-fry vegetables

Heat **1½ 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.