



Chicken Chop Suey

with Garlic, Ginger and Spring Onion

 20-30min  4 Portions

Rich and mellow, the flavour of Chinese rice vinegar is unmistakable. It's way milder than Western-style vinegar and even has a little sweetness to it. You'll love it in this flavourful stir-fry, spiked with ginger, seasoned with kecap manis and packed with chicken and all your favourite veggies for stir-frying.

What we send

- 17
- 1,6,17
- 2 spring onions
- 2 garlic cloves

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- boiling water
- pepper
- soy sauce ⁶
- neutral oil, such as vegetable

Utensils

- deep frypan or wok

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

Cooking tip

You can use all the kecap manis if you prefer.

Allergens

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

Nutrition per serving

Energy 605kcal, Fat 17.7g, Carbs 62.2g, Proteins 44.9g



1. Prepare vegetables

Read through the recipe. Trim the **pak choy**, then coarsely chop. Cut the **cabbage** into 2cm chunks. Peel the **carrots**, halve lengthwise, then thinly slice into half moons. Trim, then thinly slice the **spring onion** on an angle.



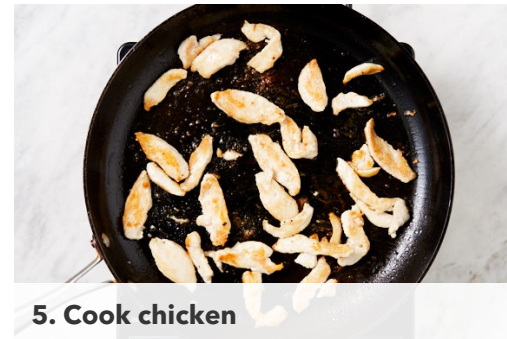
4. Slice chicken

Meanwhile, put the **chicken breasts** flat on a board, put your hand on top and halve horizontally, then thinly slice into strips. Season the **chicken** with **pepper**.



2. Prepare sauce

Crush or finely chop the **garlic**. Put the garlic, **kecap manis** (see cooking tip), **rice wine vinegar**, **1 tsp ginger**** and **2 tbs soy sauce** in a small bowl and whisk to combine.



5. Cook chicken

Heat **2 tbs oil** in a large deep frypan over high heat. Stir-fry the **chicken** for 3-4 mins until golden and cooked through. Remove from the pan.



3. Soak noodles

Put the **noodles** in a large heatproof bowl and cover with boiling water. Soak for 5 mins or until tender. Drain. Cut the noodles into shorter manageable lengths with scissors, if desired.



6. Cook vegetables

Heat **2 tbs oil** in the pan over high heat. Stir-fry the **carrot** and **cabbage** for 2 mins, add the **pak choy** and stir-fry for a further 1 min or until slightly softened. Return the **chicken** to the pan, add the sauce and cook, stirring, for 1 min or until the vegetables are tender. Divide the **noodles** and **stir-fry** among bowls. Scatter over the **spring onion** to serve.