

# DINNERLY



⚡ FAST

🍏 HEALTHY

## Teriyaki Chicken Noodles

with Snow Peas and Sesame



20-30 minutes



2 Servings

Made from sweet potato starch, these slippery glass noodles are gluten free, delightfully chewy and soak up all the delicious flavours of this tasty teriyaki chicken stir-fry.

## WHAT WE SEND

- 11
- 17

## WHAT YOU NEED

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

## TOOLS

- large frypan
- medium saucepan

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

## ALLERGENS

Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 515kcal, Fat 9.4g, Carbs 63.2g, Proteins 37.0g



### 1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Crush or finely chop **1 garlic clove**. Thinly slice the **onion**. Trim the **snow peas**. Thickly slice the **chicken**.



### 2. Cook noodles

Cook the **noodles** in the pan of boiling water for 8 mins or until tender. Drain, then rinse under cold water to prevent the noodles from sticking.



### 3. Make teriyaki sauce

Meanwhile, put the **cornflour** and **1 tbs water** in a small bowl and stir to dissolve. Add the **garlic**, **2 tbs soy sauce** and **1 tbs honey**, season with **pepper** and stir to combine.



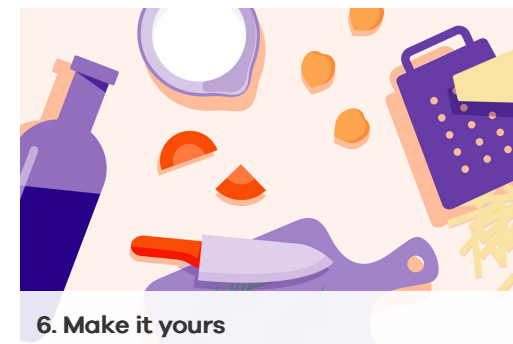
### 4. Stir-fry chicken

Heat **1 tbs vegetable oil** in a large frypan over high heat. Stir-fry the **chicken** and **onion** for 3-4 mins until golden. Add the **snow peas** and stir-fry for 1 min or until the chicken is cooked through and the snow peas are tender. Add the **teriyaki sauce** and **noodles** and stir-fry for 1 min or until the sauce is thickened. Remove the pan from the heat.



### 5. Serve up

Divide the **chicken noodles** among bowls, scatter over the **sesame seeds** and enjoy!



### 6. Make it yours

Add other veggies, such as carrot, beans, broccoli or Asian greens, or scatter over chilli flakes for a warm kick.