

DINNERLY



⚡ FAST

🍏 HEALTHY

Teriyaki Chicken Noodles

with Snow Peas and Sesame



20-30 minutes



4 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

- 17
- 11

WHAT YOU NEED

- Australian honey
- soy sauce⁶
- vegetable oil

TOOLS

- large deep frypan or saucepan
- 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 63.4g, Proteins 37.0g



1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Crush or finely chop **2 garlic cloves**. 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.



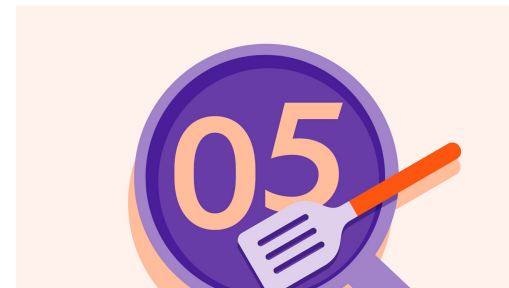
3. Make teriyaki sauce

Meanwhile, put the **cornflour** and **2 tbs water** in a small bowl and stir to dissolve. Add the **garlic**, **80ml (1/3 cup) soy sauce** and **2 tbs honey**, season with **pepper** and stir to combine.



4. Stir-fry chicken

Heat **2 tbs vegetable oil** in a large deep 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.