




Product Spotlight: Island Curry Mix


A warming, coconutty flavour featuring cumin, coconut, turmeric, coriander, WA desert lime, ginger and chilli. This versatile mix goes well with most proteins and even roasted veggies.



Island Coconut Chicken with Stir-Fry Noodles

Vegetables and rice noodles stir-fried with coconut curry spice mix from GH Produce and served with chicken schnitzels and charred Asian greens.

 25 minutes

 4 servings

 Chicken

Switch it up!

Switch the oyster sauce for soy sauce, tamari or kecap manis. Omit the dried chilli flakes if desired.

Per serve: **PROTEIN** 40g **TOTAL FAT** 18g **CARBOHYDRATES** 103g

FROM YOUR BOX

RICE NOODLES	1 packet
CHICKEN SCHNITZELS	600g
ASIAN GREENS	1 bunch
GARLIC CLOVE	1
LIME	1
SPRING ONIONS	1 bunch
CARROTS	2
BEAN SHOOTS	1 bag
ISLAND CURRY SPICE MIX	1 sachet

FROM YOUR PANTRY

sesame oil, salt, pepper, dried chilli flakes (optional), oyster sauce, ground cumin

KEY UTENSILS

2 frypans, saucepan

NOTES

If you don't have oyster sauce you can use soy sauce instead.



1. COOK THE NOODLES

Bring a large saucepan of water to a boil. Add noodles and cook according to packet instructions. Drain and rinse.



2. COOK THE SCHNITZELS

Heat a large frypan over medium-high heat. Coat schnitzels in **oil, 2 tsp cumin, salt and pepper**. Add to pan and cook for 4-5 minutes each side. Remove schnitzels and reserve frypan.



3. COOK THE ASIAN GREENS

Heat a second frypan over medium-high heat with **oil**. Halve Asian greens and crush garlic clove. Add to pan and cook, turning, for 4 minutes until greens are charred. Remove to a plate, add lime zest, drizzle over **1 tbsp oyster sauce** and sprinkle over **1 tsp chilli flakes** (see notes).



4. STIR-FRY THE VEGETABLES

Cut spring onions into 3cm pieces. Thinly slice carrots. Add to reserved frypan and cook for 2 minutes. Add bean shoots and cook for a further minute.



5. ADD THE NOODLES

Add noodles, spice mix, **1/4 cup water, 3 tbsp oyster sauce** and **3 tbsp oil** to pan with stir-fry. Toss well to combine.



6. FINISH AND SERVE

Serve noodles and chicken tableside with lime wedges and charred Asian greens.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

