




### Product Spotlight: Mrs Tran's Kitchen


Mrs. Tran's Kitchen strive to share the taste of authentic Asian cuisine. From the melting pots of Saigon through to Australia, Mrs. Tran brings true Asian traditional culinary dishes to your home.



## Korean Chicken Noodle Salad with Bibimbap Sauce

Chicken schnitzels pan-fried with spring onions and garlic, served over a bed of thin rice vermicelli noodles, with a rainbow of vegetables and a spicy and savoury bibimbap sauce.

 30 minutes

 4 servings

 Chicken

### Spice it down!

*Remove seeds from chilli for a milder heat in the bibimbap sauce, or omit from the sauce and slice to serve.*

Per serve: **PROTEIN** 38g **TOTAL FAT** 12g **CARBOHYDRATES** 80g

## FROM YOUR BOX

RICE VERMICELLI NOODLES	300g
RED CHILLI	1
CARROT	1
LEBANESE CUCUMBER	2
SPRING ONIONS	1 bunch
GEM LETTUCE	3-pack
GARLIC CLOVES	2
MISO SAUCE	2 sachets
CHICKEN SCHNITZELS	600g
SESAME SEEDS	1 packet

## FROM YOUR PANTRY

sesame oil, rice wine vinegar, salt, pepper, soy sauce (or tamari)

## KEY UTENSILS

large frypan, saucepan

## NOTES

Gem lettuce leaves can be quite sandy. Submerge the leaves in a bowl of cold water to remove any excess sand before rinsing and drying in a salad spinner.

White wine vinegar, white vinegar, and malt vinegar will all work well.



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### 1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook according to packet instructions or until tender. Drain and rinse well with cold water to stop the cooking process.



### 2. PREPARE THE INGREDIENTS

Roughly chop **chilli** (see cover note), julienne **carrot**, cut **cucumbers** into matchsticks. Thinly slice **spring onions** and crush **garlic**. Pull apart **lettuce** and rinse.

Season chicken with **2 tsp soy sauce** and **pepper**. Set aside.



### 3. MAKE THE SAUCE

Use a stick mixer to blend **chilli**, **1/2 garlic**, **miso sauce**, **1 1/2 tsp soy sauce**, **2 tbsp sesame oil**, **1 tbsp water** and **3 tbsp vinegar** (see notes) to a smooth consistency.



### 4. STIR FRY SPRING ONIONS

Heat a large frypan over medium-high heat with **sesame oil**. Add spring onions and remaining garlic. Stir fry for 2 minutes.



### 5. COOK THE CHICKEN

Add chicken to frypan (add extra **sesame oil** if necessary) and cook for 4-5 minutes each side until cooked through.



### 6. FINISH AND SERVE

Divide noodles among shallow bowls. Add fresh ingredients, chicken, and sauce. Garnish with **sesame seeds**.

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