

SEE  
NOTES FOR  
VEGETARIAN  
INSTRUCTIONS



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Red Cabbage

Cabbage belongs to the cruciferous vegetable family, related to kale, broccoli and brussels sprouts. Red cabbage provides a good source of antioxidants!



## 1 Honey Soy Chicken Salad Cups with Noodles

Designed to be shared – crispy lettuce cups filled with noodles, chicken strips and fresh veggies. Drizzled with a homemade honey & soy dressing.

 20 minutes

 2 servings



 Chicken

21 December 2020

*Speed it up!*

*Toss noodles chicken/mushrooms, fresh veggies and dressing to make a large salad. Perfect for a picnic!*

## FROM YOUR BOX

WHEAT NOODLES	1 packet
HONEY SACHET	1
GINGER	1 piece
CORIANDER	1/2 packet *
CHICKEN STIR-FRY STRIPS 	300g
BABY COS LETTUCE	1
SHREDDED RED CABBAGE	1/2 bag (100g) *
LEBANESE CUCUMBER	1
 SLICED MUSHROOMS	1 punnet

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

oil for cooking (sesame or other), soy sauce, red wine vinegar (optional), salt, pepper


## KEY UTENSILS

saucepan, frypan

## NOTES

To quickly make lettuce cups - cut the ends of the lettuce to make it easier to separate.

**No gluten option - wheat noodles are replaced with rice noodles.** Boil for 2-4 minutes or until tender. Rinse in cold water.

 **VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.**



### 1. BOIL THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook according to the packet instructions or until al dente. Drain and rinse in cold water.




### 2. MAKE THE DRESSING

Whisk to combine honey sachet, **2 tbsp oil, 1 tbsp soy sauce and 1 tbsp water.** Grate 1/2 tbsp ginger and chop coriander stems (reserve leaves). Add to dressing and set aside.



### 3. COOK THE CHICKEN

Heat a frypan with **oil** over medium-high heat. Add chicken strips and cook for 4-6 minutes or until cooked through. Add 1 tbsp dressing halfway through cooking.

 **VEG OPTION - cook sliced mushrooms for 4-6 minutes (or to your liking), adding 1 tbsp of the dressing.**



### 4. PREPARE LETTUCE CUPS

Separate and rinse lettuce leaves (see notes).




### 5. PREPARE FRESH INGREDIENTS

Toss red cabbage with **1/2 tbsp vinegar, salt and pepper** (optional). Slice cucumber and arrange on a platter with reserved coriander leaves.



### 6. FINISH AND SERVE

Fill the lettuce cups at the table with noodles, chicken, cabbage and cucumber. Drizzle with dressing to taste and garnish with coriander leaves.

 **VEG OPTION - Serve as per above, using seasoned mushrooms instead of chicken strips.**

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