



# Saucy Chicken and Crispy Noodle Bowl

with Beans and Peppers

**FAMILY** 35 Minutes



-  Chicken Tenders
-  Ginger
-  Soy Sauce
-  Cornstarch
-  Garlic
-  Chow Mein Noodles
-  Sweet Bell Pepper
-  Green Onions
-  Green Beans

## HELLO CHOW MEIN

*These popular egg noodles are common in Asian cuisine!*



# Start Strong

Before starting, wash and dry all produce.

Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic.

## Bust Out

Medium Bowl, Measuring Cups, Whisk, Measuring Spoons, Strainer, Paper Towels, Garlic Press, Large Non-Stick Pan, Peeler

## Ingredients

	4 Person
Chicken Tenders	680 g
Ginger	30 g
Soy Sauce	¼ cup
Cornstarch	1 tbsp
Garlic	12 g
Chow Mein Noodles	400 g
Sweet Bell Pepper	160 g
Green Onions	2
Green Beans	170 g
Oil*	
Salt and Pepper*	

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



## 1. COOK NOODLES

Rinse **noodles** in **warm water** until separated. Drain well. Heat a large non-stick pan over medium-high heat. When hot, add **1 ½ tbsp oil**, then **half the noodles**. Cook stirring occasionally, until crispy, 4-5 min. Transfer to a plate. Repeat with another **1 ½ tbsp oil** and **remaining noodles**.



## 4. COOK CHICKEN

Using the same pan, add **1 tbsp oil**, then **chicken**. Cook, stirring often, until cooked through, 6-7 min.\*\* Add **ginger** and **garlic**. Cook, stirring often, until fragrant, 1 min. Add **veggies** and **sauce** from the medium bowl. Remove pan from heat and stir together, until **sauce** is slightly thickened, 2-3 min.



## 2. PREP & MIX SAUCE

While **noodles** cook, trim **beans**, then cut into 1-inch pieces. Peel, then finely grate **1 tbsp ginger**. Core, then cut **peppers** into ½-inch slices. Thinly slice **green onions**. Peel, then mince or grate **garlic**. Whisk together **soy sauce**, **cornstarch** and **¾ cup water** in a medium bowl. Set aside. Pat **chicken** dry with paper towels, then season with **salt** and **pepper**.



## 5. FINISH AND SERVE

Divide **crispy noodles** between plates. Top with **chicken stir-fry** and sprinkle over **green onions**.

## Dinner Solved!



## 3. COOK VEGGIES

Heat the same pan over medium-high heat. When hot, add **beans** and **peppers**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Transfer to a plate and set aside.

