

## **Chicken and Ramen Noodle Stir-Fry**

with Thai Sweet Chili Sauce

This sumptuous stir fry is a veritable greatest hits of delicious flavours and fresh crispy veggies. We're so excited to bring you Thai sweet chili – the perfect balance of spicy and tasty. We also guarantee that this meal will come together faster than take-out!













Ramen Noodles





Red Pepper



Green Onions





Thai Sweet Chili Sauce

Basil



Oyster Sauce

Ingredients		2 People	4 People	*Not Included  Allergens  1) Wheat/Blé 2) Fish/Poisson
Chicken Tenders		1 pkg (340 g)	2 pkg (680 g)	
Ramen Noodles	1) 3)	2 pkg (220 g)	4 pkg (440 g)	
Carrot, 1/4-inch coins		1 pkg (227 g)	2 pkg (454 g)	
Red Bell Pepper		1	2	
Green Onions		2	4	3) Egg/Oeuf
Garlic		½ pkg (5 g)	1 pkg (10 g)	
Sweet Chili Sauce		3 pkg (3 tbsp)	6 pkg (6 tbsp)	
Oyster Sauce	1) 2)	1 pkg (3 tbsp)	2 pkg (6 tbsp)	
Basil		1 pkg (7 g)	2 pkg (14g)	
Olive or Canola Oil*				Tools

**Tools** 

Medium Pot, Large Pan, Strainer

Nutrition per person Calories: 673 cal | Fat: 8 g | Protein: 54 g | Carbs: 96 g | Fiber: 8 g | Sodium: 1869 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

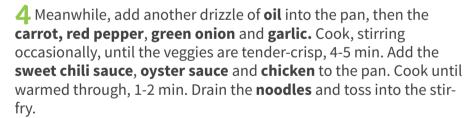


1 Prep: Wash and dry all produce. Bring a medium pot of salted water to a boil. Core, then thinly slice the red pepper and green onions. Mince or grate the garlic. Roughly chop the basil. Cut the **chicken** into 1-inch pieces.





**3** Cook the noodles: Meanwhile, add the noodles to the boiling water. Cook until noodles are tender, 1-2 min. (TIP: Don't drain the noodles until ready to add to the stir-fry, otherwise they may clump up!)





**5 Finish and serve:** Divide the **stir-fry** between serving bowls. Sprinkle with **basil.** Enjoy!

**DID YOU KNOW:** Ramen noodles have been around for over 100 years! They are thought to have originated in Japan, being sold as fresh noodles with broth at portable food stalls. The instant ramen that we are most familiar with was invented in Japan in 1958 and quickly became accessible world-wide!