



CHICKEN AND RAMEN STIR-FRY

with Sweet Chili Sauce

PRONTO



HELLO RAMEN

These century-old noodles originated in Japan

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 676



Chicken Tenders



Ramen Noodles



Carrot, julienned



Red Bell Pepper



Green Onions



Garlic



Sweet Chili Sauce



Oyster Sauce



Basil

BUST OUT

- Garlic Press
- Strainer
- Large Non-Stick Pan
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil
- Medium Pot

INGREDIENTS

2-person | 4-person

- Chicken Tenders 340 g | 680 g
- Ramen Noodles 1,3 240 g | 480 g
- Carrot, julienned 113 g | 227 g
- Red Bell Pepper 190 g | 380 g
- Green Onions 2 | 4
- Garlic 10 g | 20 g
- Sweet Chili Sauce 🍷 3 tbsp | 6 tbsp
- Oyster Sauce 0,1 3 tbsp | 6 tbsp
- Basil 10 g | 10 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.



START STRONG

In step 3, rinsing the noodles after draining will help keep them from sticking together!



1 PREP Wash and dry all produce.* Core, then thinly slice the **bell pepper(s)** into ¼-inch strips. Thinly slice the **green onions**. Mince or grate the **garlic**. Finely chop the **basil leaves**. Bring a medium pot of **salted water** to a boil.



2 COOK CHICKEN Pat the **chicken** dry with paper towels. Cut the chicken into 1-inch cubes. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the chicken. Cook, stirring often, until the chicken is golden-brown and cooked through, 4-5 min. Transfer to a plate and set aside.



3 COOK NOODLES Meanwhile, add the **noodles** to the boiling water and cook until tender, 2-3 min. Drain and rinse the noodles. Set aside.



4 COOK VEGGIES Meanwhile, add another drizzle of **oil** to the same pan, then the **carrots** and **peppers**. Cook, stirring occasionally, until the veggies are tender-crisp, 4-5 min.



5 ASSEMBLE STIR-FRY Add the **garlic** to the **veggies**. Cook until fragrant, 1 min. Stir in the **sweet chili sauce**, **oyster sauce**, **noodles**, **chicken** and **3 tbsp water** (double for 4 ppl). Cook until warmed through, 2-3 min.



6 FINISH AND SERVE Divide the **chicken stir-fry** between bowls and sprinkle with the **basil** and **green onions**.

SWEET!

The balance of savoury and sweet in this dish is a perfect version of take-out!