

# SWEET & SOUR CHICKEN

**Serves 1**

## Ingredients

For the Sweet & Sour Chicken:

1 cup McCain Stir Fry Hawaiian  
200 g chicken breast, sliced into strips  
½ brick instant noodles (discard the spice sachet)  
Salt & pepper, to taste

For the Sweet & Sour Sauce:

2 tbsp tomato sauce  
1 tsp hot sauce  
1 tbsp lemon juice  
1 tbsp honey  
¼ tsp minced garlic  
¼ tsp grated ginger  
3 tbsp chicken stock

**Serving suggestion:**

1 tbsp sliced spring onion  
1 tsp toasted chopped cashews

## Method

1. Preheat the oven to 180°C and cut tinfoil into a square, measuring 30 cm x 30 cm.
2. Place the tinfoil square onto a large baking tray and turn up the edges to ensure the sauce stays inside.
3. Add the instant noodles in the centre of the foil.
4. Add the McCain Stir Fry Hawaiian on top of the noodle brick.
5. Combine the sauce ingredients in a small bowl and whisk until well combined.
6. Season the chicken breast strips with salt & pepper. Add the chicken strips to the bowl of sauce and coat generously. Add the saucy chicken onto the McCain stir fry vegetables. Pour the remaining sauce onto the foil pack ingredients.
8. Fold the sides of the foil over the chicken, covering the chicken & vegetables completely and sealing the packet closed.



# ASIAN SESAME BEEF

**Serves 1**

## Ingredients

For the Asian Sesame Beef:

1 cup McCain Stir Fry Asian  
200 g beef steak, sliced into strips  
½ brick (70g) instant noodles (discard the spice sachet)  
Salt & pepper, to taste

For the Asian Sauce:

2 tbsp sweet chilli sauce  
1 tbsp soy sauce  
¼ tsp minced garlic  
¼ tsp grated ginger  
3 tbsp beef stock

Serving suggestion:

1 tbsp chopped coriander  
1 tsp toasted sesame seeds

## Method

1. Preheat the oven to 180°C and cut tinfoil into a square, measuring 30 cm x 30 cm.
2. Place the tinfoil square onto a large baking tray and turn up the edges to ensure the sauce stays inside.
3. Add the instant noodles in the centre of the foil.
4. Add the McCain Stir Fry Asian on top of the noodle brick.
5. Combine the sauce ingredients in a small bowl and whisk until well combined.
6. Season the beef strips with salt & pepper. Add the beef strips to the bowl of sauce and coat generously. Add the saucy beef strips onto the McCain stir fry vegetables. Pour the remaining sauce onto the foil pack ingredients.
7. Fold the sides of the foil over the beef, covering the beef & vegetables completely and sealing the packet closed.
8. Place the tray with the foil packet into the oven and bake for 20 - 25 minutes.

9. Serve immediately, garnished with chopped parsley and sesame seeds.

# LEMON & HERB PRAWN

**Serves 1**

## Ingredients

For the Lemon & Herb Shrimp:

1 cup McCain Stir Fry French  
200 g small prawns, deshelled & cleaned  
½ brick (70g) instant noodles (discard the spice sachet)  
Salt & pepper, to taste

For the Lemon & Herb Sauce:

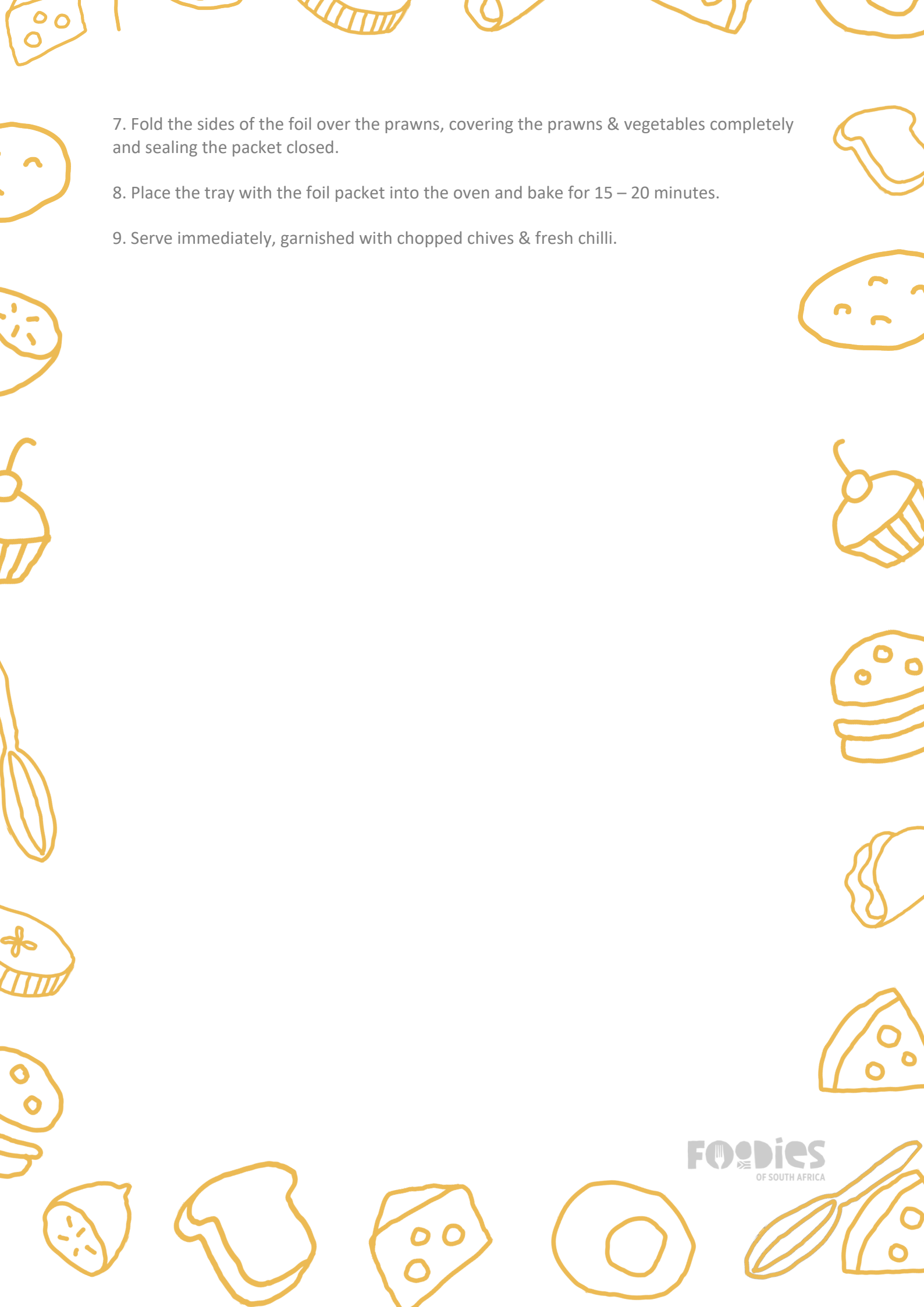
2 tbsp lemon juice  
3 tbsp melted butter  
1 tbsp chopped parsley  
1 tbsp honey  
½ tsp minced garlic  
¼ tsp smoked paprika  
3 tbsp vegetable stock

## Serving suggestion

1 tbsp chopped chives  
1 tsp chopped fresh red chilli

## Method

1. Preheat the oven to 180°C and cut tinfoil into a square, measuring 30 cm x 30 cm.
2. Place the tinfoil square onto a large baking tray and turn up the edges to ensure the sauce stays inside.
3. Add the instant noodles in the centre of the foil.
4. Add the McCain Stir Fry French on top of the noodle brick.
5. Combine the sauce ingredients in a small bowl and whisk until well combined.
6. Season the prawns with salt & pepper. Add the prawns to the bowl of sauce and coat generously. Add the saucy prawns onto the McCain stir fry vegetables. Pour the remaining sauce onto the foil pack ingredients.

The page is framed by a decorative border of hand-drawn orange food icons. On the left side, from top to bottom, there is a slice of pizza, a lemon, a slice of watermelon, a whole watermelon, a slice of watermelon, a whole watermelon, a slice of watermelon, a whole watermelon, a slice of watermelon, a whole watermelon, a slice of watermelon, and a whole watermelon. On the right side, from top to bottom, there is a slice of pizza, a slice of watermelon, a whole watermelon, a slice of watermelon, a whole watermelon, a slice of watermelon, a whole watermelon, a slice of watermelon, a whole watermelon, a slice of watermelon, and a whole watermelon. At the bottom, from left to right, there is a slice of watermelon, a whole watermelon, a slice of watermelon, a whole watermelon, a slice of watermelon, and a whole watermelon.

7. Fold the sides of the foil over the prawns, covering the prawns & vegetables completely and sealing the packet closed.

8. Place the tray with the foil packet into the oven and bake for 15 – 20 minutes.

9. Serve immediately, garnished with chopped chives & fresh chilli.



