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hello@hellofresh.com.au | (02) 8188 8722

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Sweet Chilli Chicken Noodle Stir Fry

Use your noodle and choose noodles! This sumptuous stir fry is a veritable greatest hits of delicious flavours and fresh veggies. We're so excited to bring you this sweet chilli stir fry – the perfect balance of sweet and tasty. After this, we reckon you'll be losing your local takeaway's number and cooking this all the time!



Prep: 15 mins

Cook: 10 mins

Total: 25 mins



level 1



eat me early

Pantry Items



Vegetable Oil



Soy Sauce



Water



Thai Sweet Chilli Sauce



Hokkien Noodles



Boneless Chicken Maryland



Carrot



Red Capsicum



Spring Onions



Garlic



Lime









Basil

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QTY	Ingredients
2 ½ tbs	Thai sweet chilli sauce (recommended amount)
1 ½ tbs	soy sauce *
1 tbs	water *
1 ½ packets	hokkien noodles
1 tbs	vegetable oil *
700 g	boneless chicken Maryland, cut into 2 cm thick pieces 
2	carrots, peeled & diagonally sliced into 3 mm discs  
1	red capsicum, sliced into strips 
1 bunch	spring onions, diagonally sliced
2 cloves	garlic, peeled & crushed 
1	lime, juiced 
1 bunch	basil, leaves picked

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	3080	Kj
Protein	50.5	g
Fat, total	20	g
-saturated	4.7	g
Carbohydrate	82.5	g
-sugars	11.4	g
Sodium	662	mg



You will need: *chef's knife, chopping board, vegetable peeler, garlic crusher, kettle, large wok or frying pan, spatula, heatproof bowl, plate and a small bowl.*

1 Bring a kettle full of water to the boil. In a small bowl, combine the **Thai sweet chilli sauce**, **soy sauce** and the **water**. Set aside.

2 Place the **hokkien noodles** in a heatproof bowl, pour over boiling water and allow to soak for **1 minute**. Drain.

3 Heat the **vegetable oil** in a large wok or frying pan over a high heat. Add the **chicken Maryland pieces** and stir fry for **4-5 minutes** or until golden and cooked through. Remove the chicken from the pan and place on a plate (leave any oil in the pan behind to cook the veggies in step 4).

4 Place the same wok over a high heat. Add the **carrot**, **capsicum**, **spring onion** and **garlic** and stir fry for **2 minutes** or until vegetables have softened. Add the sweet chilli mixture to the wok with the hokkien noodles and chicken. Stir fry for **1-2 minutes** or until heated through and well combined. Add the **lime juice** and then remove from the heat and stir through the **basil leaves**.

5 Divide the stir fry between serving bowls. Enjoy!



Did you know? Sweet chilli sauce is called nam chim kai in Thailand.