



# Plant-Based Chick'n Udon Stir-Fry

with Veggies & Crispy Shallots

ALTERNATIVE PROTEIN

Grab your Meal Kit with this symbol



Udon Noodles



Carrot



Zucchini



Kecap Manis



Sweet Chilli Sauce



Chilli Flakes (Optional)



Garlic Paste



Plant-Based Chicken Strips



Baby Spinach Leaves



Crispy Shallots



Plant-Based Chicken Strips

Prep in: 20-30 mins  
Ready in: 20-30 mins

Plant Based

You won't miss an ounce of flavour when you toss everything into one bowl. It's a guarantee to taste all the goodies in this bowl in one bite, with a bunch of udon noodles to tangle up the veggies and plant-based chicken strips. Grab a fork, you don't want to miss out.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Soy Sauce, White Wine Vinegar

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
udon noodles	1 packet	2 packets
carrot	1	2
zucchini	1	2
kecap manis	1 packet	2 packets
sweet chilli sauce	1 small packet	1 medium packet
<b>soy sauce*</b>	2 tbs	¼ cup
<b>white wine vinegar*</b>	drizzle	drizzle
chilli flakes  (optional)	pinch	pinch
garlic paste	1 packet	2 packets
plant-based chicken strips	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
crispy shallots	1 medium packet	1 large packet
plant-based chicken strips**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2908kJ (695Cal)	537kJ (128Cal)
Protein (g)	44.3g	8.2g
Fat, total (g)	16.8g	3.1g
- saturated (g)	4.1g	0.8g
Carbohydrate (g)	91.9g	17g
- sugars (g)	46.7g	8.6g
Sodium (mg)	3106mg	574mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3838kJ (917Cal)	576kJ (138Cal)
Protein (g)	74g	11.1g
Fat, total (g)	25.8g	3.9g
- saturated (g)	5.3g	0.8g
Carbohydrate (g)	95.7g	14.4g
- sugars (g)	50.4g	7.6g
Sodium (mg)	4231mg	635mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## Cook the noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **udon noodles** over medium-high heat until tender, **3-4 minutes**.
- In the **last minute** of cook time, gently stir **noodles** with a fork to separate.
- Drain, rinse and set aside.

3



## Cook the chick'n

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **plant-based chicken strips**, tossing, until browned, **4-5 minutes**.
- Add **cooked noodles** and **veggies** to pan. Add **baby spinach leaves** and **sauce mixture** and toss until combined, **1 minute**. Season with **pepper**.

**Custom Recipe:** If you've doubled your plant-based chick'n strips, cook in batches for best results. Return all chicken to pan before adding the noodles.

2



## Get prepped & cook the veggies

- Meanwhile, thinly slice **carrot** and **zucchini** into half-moons.
- In a small bowl, combine **kecap manis**, **sweet chilli sauce**, the **soy sauce**, the **white wine vinegar** and a pinch of **chilli flakes** (if using).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **zucchini**, tossing, until tender, **4-5 minutes**.
- Add **garlic paste** and cook, until fragrant, **1 minute**. Transfer to a bowl. Season.

4



## Serve up

- Divide plant-based chick'n udon stir-fry between bowls.
- Top with **crispy shallots** and a pinch of **chilli flakes** to serve. Enjoy!

## Rate your recipe

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