



Asian-Style Chicken Noodle Stir-Fry

with Greens & Peanuts

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Green Beans



Asian Greens



Chicken Tenderloins



Egg Noodles



Ginger Paste



Oyster Sauce



Crushed Peanuts



Chicken Tenderloins

Prep in: 25-35 mins
Ready in: 25-35 mins

Eat Me Early

Packed full of protein, this Asian chicken and noodle dish is the perfect energy boost you need to hit the gym, football field or swimming pool. With the addition of aromatic ginger paste and crunchy peanuts, you're in for a quickly cooked taste sensation that'll have you running for more.

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

Pantry items

Olive Oil, Brown Sugar, Rice 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

Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
green beans	1 small bag	1 medium bag
Asian greens	1 bag	2 bags
chicken tenderloins	1 small packet	1 large packet
egg noodles	1 medium packet	2 medium packets
ginger paste	1 medium packet	1 large packet
oyster sauce	1 packet	2 packets
brown sugar*	1 tbs	2 tbs
rice wine vinegar*	1 tbs	2 tbs
crushed peanuts	1 medium packet	1 large packet
chicken tenderloins**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2821kJ (674Cal)	512kJ (122Cal)
Protein (g)	49.7g	9g
Fat, total (g)	16.2g	2.9g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	80.1g	14.5g
- sugars (g)	26.1g	4.7g
Sodium (mg)	1804mg	328mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3533kJ (844Cal)	494kJ (118Cal)
Protein (g)	86.3g	12.1g
Fat, total (g)	18.6g	2.6g
- saturated (g)	3.6g	0.5g
Carbohydrate (g)	80.1g	11.2g
- sugars (g)	26.1g	3.6g
Sodium (mg)	1875mg	262mg

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 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 veggies

- Boil the kettle. Cut **carrot** into thin rounds. Trim and halve **green beans**. Roughly chop **Asian greens**.
- Cut **chicken tenderloins** into 2cm chunks.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **green beans** and **carrot**, with a splash of **water**, tossing, until tender, **4-6 minutes**. Add **Asian greens** and cook, tossing, until wilted, **1 minute**. Transfer to a bowl.

Custom Recipe: If you've doubled your chicken tenderloins, prepare chicken the same way as above.

3



Cook the chicken

- Return the frying pan to high heat with a drizzle of **olive oil**. When the oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Reduce heat to medium, add **ginger paste** and cook, tossing until fragrant, **1 minute**.
- Return the **veggies** to the frying pan, then add **noodles**, **oyster sauce**, the **brown sugar**, the **rice wine vinegar** and a splash of **water**. Toss to combine and cook until slightly reduced, **1 minute**.

Custom Recipe: Cook chicken in batches for best results!

2



Cook the noodles

- Meanwhile, half-fill a medium saucepan with the boiling water.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.

4



Serve up

- Divide the Asian-style chicken noodle stir-fry with greens between bowls.
- Top with **crushed peanuts** to serve. Enjoy!

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