

Savoury Sichuan Chicken

with Egg Noodle Stir-Fry, Peanuts & Coriander

TASTE TOURS



Grab your Meal Kit with this symbol



Pineapple Slices



Pea Pods



Brown Onion



Capsicum



Garlic



Chicken Thigh



Cornflour



Chicken-Style Stock Powder



Sichuan Garlic Paste



Soy Sauce Mix



Egg Noodles



Ginger Paste




Crushed Peanuts



Coriander

Prep in: 30-40 mins
Ready in: 35-45 mins

 Eat Me Early

You could leave the house and duck out for some Sichuan chicken and Chinese noodles... or you could stay cosy and whip up the whole shebang from the comfort of your kitchen, in around 40 minutes. Boasting the perfect balance of sweet and sour, plus savoury, salty and umami-rich flavours, you'll be taking your tastebuds on a holiday with this moreish dish.

Pantry items

Olive Oil, Soy Sauce

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 with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|--------------------------------------|
| olive oil* | refer to method | refer to method |
| pineapple slices | 1 tin | 2 tins |
| pea pods | 1 small bag | 1 medium bag |
| brown onion | 1 | 2 |
| capsicum | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| chicken thigh | 1 small packet | 2 small packets OR 1 large packet |
| cornflour | 1 medium packet | 1 large packet |
| chicken-style stock powder | 1 medium sachet | 1 large sachet |
| Sichuan garlic paste | 1 medium packet | 2 medium packets |
| soy sauce mix | 1 packet | 2 packets |
| egg noodles | 1 medium packet | 2 medium packets |
| ginger paste | 1 medium packet | 1 large packet |
| soy sauce* | drizzle | drizzle |
| crushed peanuts | 1 medium packet | 1 large packet |
| coriander | 1 bag | 1 bag |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3125kJ (747Cal) | 465kJ (111Cal) |
| Protein (g) | 45.8g | 6.8g |
| Fat, total (g) | 15.6g | 2.3g |
| - saturated (g) | 3.6g | 0.5g |
| Carbohydrate (g) | 103.7g | 15.4g |
| - sugars (g) | 39.5g | 5.9g |
| Sodium (mg) | 2443mg | 363mg |

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.



Get prepped

- Boil the kettle.
- Drain **pineapple slices**.
- Trim and roughly chop **pea pods**.
- Roughly chop **pineapple, brown onion and capsicum**. Finely chop **garlic**.
- Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **cornflour, chicken-style stock powder** and a pinch of **pepper**. Add **chicken**, tossing to coat.
- In a small bowl, combine **Sichuan garlic paste, soy sauce mix** and a splash of water.



Add the sauce

- Wipe out frying pan, then return to high heat with a drizzle of **olive oil**.
- Cook **onion, capsicum and pineapple**, tossing, until tender, **4-5 minutes**.
- Reduce heat to medium-high and add **pea pods, ginger paste and garlic**. Cook until fragrant, **1 minute**.
- Stir in the **Sichuan sauce mixture**. Return **chicken** to pan and cook, tossing, until coated and heated through, **1 minute**. Season with **salt and pepper**.



Cook the egg noodles

- Half-fill a medium saucepan with the boiled water, then heat over medium-high heat.
- Cook **egg noodles**, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain and rinse **noodles** and return to saucepan. Cover with a lid to keep warm.



Flavour the noodles

- Add a drizzle of the **soy sauce** to saucepan with noodles. Toss to combine.



Cook the chicken

- While noodles are cooking, heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, shake excess **cornflour** off chicken, then cook **chicken**, tossing, until browned and cooked through, **5-6 minutes**.
- Transfer to a bowl.

TIP: Chicken is cooked through when it's no longer pink inside.



Serve up

- Divide egg noodles between bowls. Top with Sichuan chicken.
- Sprinkle with **crushed peanuts**. Tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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