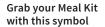


# **Savoury Sichuan Chicken** with Egg Noodle Stir-Fry, Peanuts & Coriander

TASTE TOURS









Pineapple Slices

**Brown Onion** 

Chicken Thigh



Chicken-Style Stock Powder





Sichuan Garlic





Egg Noodles





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  $\cdot$  Large frying pan

## Ingredients

9			
	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	
A.			

<sup>\*</sup>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.



## 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.



## 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.



## 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.



## Flavour the noodles

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



## Serve up

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



