

KID FRIENDLY

One Pot Asian-Style Chicken Noodle Soup with Veggies

Grab your Meal Kit with this symbol



Chicken Thigh

Asian Greens



Pantry items Olive Oil, Vinegar (White Wine or Rice Wine)

Prep in: 15-25 mins Ready in: 20-30 mins

Calorie Smart

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

One pot is all you need to whip up this slurptastic noodle delight! Oozing with umami flavours and colourful

veggies, dinner will quickly become your favourite meal of the day!

Char Siu Paste



Udon Noodles

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 saucepan

Ingredients

U		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
chicken thigh	1 small packet	2 small packets OR 1 large packet
sweetcorn	1 tin (125g)	1 tin (300g)
Asian greens	1 bag	2 bags
garlic paste	1 packet	2 packets
char siu paste	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	1½ cups	3 cups
udon noodles	1 packet	2 packets
vinegar* (white or rice wine)	drizzle	drizzle
chilli flakes ∮ (optional)	pinch	pinch
chicken thigh**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2532kJ (605Cal)	434kJ (103Cal)
Protein (g)	44.4g	7.6g
Fat, total (g)	18.4g	3.2g
- saturated (g)	5.6g	1g
Carbohydrate (g)	66.7g	11.4g
- sugars (g)	26.2g	4.5g
Sodium (mg)	1426mg	244mg

Custom Recipe

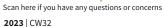
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2469kJ (590Cal)	423kJ (101Cal)
Protein (g)	47.3g	8.1g
Fat, total (g)	15.2g	2.6g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	66.7g	11.4g
- sugars (g)	26.2g	4.5g
Sodium (mg)	1413mg	242mg

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!







Get prepped

- Boil the kettle.
- Thinly slice carrot into half-moons.
- Cut chicken thigh into 2cm chunks.
- Drain sweetcorn.
- Roughly chop Asian greens.

Little cooks: Older kids can help out with the can opener under adult supervision.

Custom Recipe: If you've doubled your chicken thigh, prepare as above.



Finish the soup

 Add sweetcorn, Asian greens and a drizzle of the vinegar and cook, stirring, until greens are wilted, 1-2 minutes.



Start the soup

- In a large saucepan, heat a drizzle of olive oil over high heat. Cook chicken, stirring until starting to brown, 2-3 minutes. Add carrot and cook, tossing, until tender and chicken is cooked through, 4-5 minutes.
- Add garlic paste and cook until fragrant, 1 minute.
- Reduce heat to medium-high, then add char siu paste, chicken-style stock powder, the boiling water (1½ cups for 2 people / 3 cups for 4 people) and udon noodles. Cook, stirring occasionally with a fork, until noodles are separated, 3-4 minutes.

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

Custom Recipe: Cook chicken as above, in batches for best results!



Serve up

- Divide Asian-style chicken noodle soup between bowls.
- Sprinkle with chilli flakes (if using) to serve. Enjoy!

Rate your recipe We need your expertise! Let our Culinary team know what you thought: hellofresh.com.au/rate