



One Pot Asian-Style Chicken Noodle Soup

with Veggies

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Chicken Thigh



Sweetcorn



Asian Greens



Garlic Paste



Char Siu Paste



Chicken-Style Stock Powder



Udon Noodles



Chilli Flakes (Optional)



Chicken Thigh

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

Calorie Smart

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!

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

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

	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!

Scan here if you have any questions or concerns



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!

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