



Asian-Style Coconut Chicken Noodles

with Veggies & Crushed Peanuts

Grab your Meal Kit with this symbol



Chicken Tenderloins



Egg Noodles



Broccoli & Carrot Mix



Asian BBQ Seasoning



Coconut Milk



Baby Spinach Leaves



Crushed Peanuts



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

Tuck into a lightly spiced chicken noodle stir-fry packed with flavour and garnished with crushed peanuts for an added crunch.

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

Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine), Brown Sugar

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
water*	¼ cup	½ cup
soy sauce*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
egg noodles	1 medium packet	2 medium packets
broccoli & carrot mix	1 medium bag	1 large bag
Asian BBQ seasoning	1 sachet	2 sachets
coconut milk	1 medium tin	2 medium tins
baby spinach leaves	1 small bag	1 medium bag
crushed peanuts	1 medium packet	1 large packet
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2970kJ (710Cal)	681kJ (163Cal)
Protein (g)	49.4g	11.3g
Fat, total (g)	27.8g	6.4g
- saturated (g)	16.8g	3.8g
Carbohydrate (g)	64.9g	14.9g
- sugars (g)	11.7g	2.7g
Sodium (mg)	1465mg	336mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3684kJ (880Cal)	613kJ (147Cal)
Protein (g)	86g	14.3g
Fat, total (g)	30.3g	5g
- saturated (g)	17.6g	2.9g
Carbohydrate (g)	64.9g	10.8g
- sugars (g)	11.7g	1.9g
Sodium (mg)	1535mg	255mg

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



Get prepped

- Boil kettle.
- In a small bowl, combine the **water**, the **soy sauce**, the **vinegar** and the **brown sugar**.
- Cut **chicken tenderloins** into 2cm chunks.

Custom Recipe: If you've doubled your chicken tenderloins, cut extra chicken as above.

3



Cook the veggies

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **broccoli & carrot mix**, tossing until tender, **4-5 minutes**. Reduce heat to medium and stir in **Asian BBQ seasoning**. Cook until fragrant, **1 minute**.
- Add **coconut milk** and **soy sauce mixture** and cook, stirring, until slightly reduced, **1-2 minutes**.
- Add **baby spinach leaves** and cooked **noodles** and return **chicken** to the pan. Cook, tossing, until wilted and cooked through, **1 minute**.

2



Cook the chicken & noodles

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**. Season. Transfer to a plate.
- Meanwhile, half-fill a medium saucepan with 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.

Custom Recipe: Cook chicken in batches for the best results.

4



Serve up

- Divide Asian-style coconut chicken noodles with veggies between bowls.
- Top with **crushed peanuts** to serve. Enjoy!

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