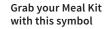


# Asian-Style Coconut Chicken Noodles with Veggies & Crushed Peanuts









Chicken Tenderloins





Broccoli & Carrot



Asian BBQ Seasoning

Egg Noodles





**Baby Spinach** Leaves



Crushed Peanuts



Chicken Tenderloins

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

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



#### **Pantry items**

## 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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
water*	1/4 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		
As A				

<sup>\*</sup>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





# 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.



# 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.



## 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.



## Serve up

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

#### Rate your recipe

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