

Fragrant Asian Chicken Noodle Stir-Fry with Greens Beans & Crushed Peanuts

TAKEAWAY FAVES

KID FRIENDLY















Chicken Thigh



Egg Noodles





Asian BBQ

Ginger Paste





Oyster Sauce



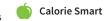
Crushed Peanuts





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

Eat Me First



Packed full of protein, this Asian chicken and noodle dish is the perfect energy boost you need to hit the gym, football field or swimming pool. With the addition of aromatic ginger paste and crunchy peanuts, you're in for a quickly cooked taste sensation that'll have you running for more.



Olive Oil, Brown Sugar, 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 frying pan · Medium saucepan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
green beans	1 medium bag	2 medium bags		
Asian greens	1 bag	2 bags		
chicken thigh	1 small packet	2 small packets OR 1 large packet		
egg noodles	1 medium packet	2 medium packets		
ginger paste	1 medium packet	1 large packet		
Asian BBQ seasoning	1 medium sachet	2 medium sachets		
oyster sauce	1 medium packet	1 large packet		
brown sugar*	½ tbs	1 tbs		
vinegar* (white wine or rice wine)	1 tbs	2 tbs		
water*	1/4 cup	½ cup		
crushed peanuts	1 medium packet	1 large packet		
prawns**	1 packet (200g)	2 packets (400g)		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2412kJ (576Cal)	499kJ (119Cal)
Protein (g)	49.9g	10.3g
Fat, total (g)	9.2g	1.9g
- saturated (g)	1.8g	0.4g
Carbohydrate (g)	71g	14.7g
- sugars (g)	15.7g	3.2g
Sodium (mg)	2648mg	547mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1972kJ (471Cal)	471kJ (113Cal)
Protein (g)	27.3g	6.5g
Fat, total (g)	7.7g	1.8g
- saturated (g)	1.1g	0.3g
Carbohydrate (g)	71g	17g
- sugars (g)	15.7g	3.7g
Sodium (mg)	3235mg	772mg

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





Cook the veggies

- Boil the kettle. Trim and halve green beans. Roughly chop Asian greens.
- · Cut chicken thigh into 2cm chunks.
- Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook green beans, tossing, until tender, 4-5 minutes. Add Asian greens and cook, tossing until wilted, 1 minute. Transfer to a bowl.



Cook the noodles

- 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.



Cook the chicken

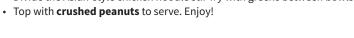
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, 5-6 minutes. Reduce heat to medium, add ginger paste and Asian BBQ seasoning and cook, tossing until fragrant, 1 minute.
- · Add oyster sauce, the brown sugar, the vinegar and the water and cook, sitrring until slightly thickened, 1 minute.
- Return **veggies** to the frying pan, then add **noodles** and toss to combine. Season with **pepper**.

Custom Recipe: If you've upgraded to prawns, return frying pan to medium-high heat with a drizzle of olive oil. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Continue as above.



Serve up

- Divide the Asian-style chicken noodle stir-fry with greens between bowls.





Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

