



Fragrant Asian Chicken Noodle Stir-Fry

with Quick-Prep Greens & Crushed Peanuts

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



-  Chicken Tenderloins
-  Asian Stir-Fry Mix
-  Egg Noodles
-  Ginger Paste
-  Asian BBQ Seasoning
-  Oyster Sauce
-  Crushed Peanuts
-  Beef Strips

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

 Eat Me Early

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.

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

Pantry items

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

	2 People	4 People
olive oil*	refer to method	refer to method
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
Asian stir-fry mix	1 medium bag	1 large bag
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*	¼ cup	½ cup
crushed peanuts	1 medium packet	1 large packet
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2739kJ (655Cal)	610kJ (146Cal)
Protein (g)	51.2g	11.4g
Fat, total (g)	14.5g	3.2g
- saturated (g)	2.5g	0.6g
Carbohydrate (g)	76.5g	17g
- sugars (g)	14.8g	3.3g
Sodium (mg)	2685mg	598mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2806kJ (671Cal)	686kJ (164Cal)
Protein (g)	44g	10.8g
Fat, total (g)	19.6g	4.8g
- saturated (g)	4.9g	1.2g
Carbohydrate (g)	76.5g	18.7g
- sugars (g)	14.8g	3.6g
Sodium (mg)	2685mg	657mg

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



Cook the veggies

- Boil the kettle. Cut **chicken tenderloins** into 2cm chunks.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **Asian stir-fry mix**, tossing, until tender, **4-5 minutes**. Transfer to a bowl.

3



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, stirring 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 swapped to beef strips, return pan to heat as above. When oil is hot, cook beef strips, in batches (this helps the beef stay tender), tossing, until browned and cooked through, 1-2 minutes. Return all beef to pan. Reduce heat and continue as above.

2



Cook the noodles

- Meanwhile, half-fill a medium saucepan with the 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.

4



Serve up

- Divide the Asian-style chicken noodle stir-fry with greens between bowls.
- Top with **crushed peanuts** to serve. Enjoy!

Rate your recipe

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