



Satay Coconut Chicken Noodles

with Veggies & Crushed Peanuts

EXPLORER



Grab your Meal Kit with this symbol



Chicken Tenderloins



Satay Seasoning



Broccoli & Carrot Mix



Egg Noodles



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)

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
satay seasoning	1 sachet	2 sachets
broccoli & carrot mix	1 medium bag	1 large bag
egg noodles	1 medium packet	2 medium packets
coconut milk	1 packet	2 packets
soy sauce*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	1 tsp	2 tsp
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.
- Cut **chicken tenderloins** into 2cm chunks.
- In a medium bowl combine **chicken**, **satay seasoning** and a drizzle of **olive oil**.

Custom Recipe: If you've doubled your chicken tenderloins, prepare chicken and season as above.

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 (when no longer pink inside), **5-6 minutes**. Reduce heat to medium-low and add **coconut milk**, the **soy sauce** and **vinegar**. Stir to combine and simmer until slightly reduced, **1-2 minutes**. Add cooked **noodles**, **baby spinach leaves** and cooked **veggies** and toss to combine. Season with **salt** and **pepper**.

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

2



Cook the veggies & noodles

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **broccoli & carrot mix** and a dash of **water**, tossing until tender, **4-5 minutes**. Transfer to a bowl.
- 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.

4



Serve up

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

Rate your recipe

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