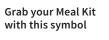


**EXPLORER** 











Chicken Tenderloins

Satay Seasoning



Broccoli & Carrot





Coconut Milk



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.



## 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		
refer to method	refer to method		
1 small packet	2 small packets OR 1 large packet		
1 sachet	2 sachets		
1 medium bag	1 large bag		
1 medium packet	2 medium packets		
1 packet	2 packets		
1 tbs	2 tbs		
1 tsp	2 tsp		
1 small bag	1 medium bag		
1 medium packet	1 large packet		
1 small packet	2 small packets OR 1 large packet		
	refer to method 1 small packet 1 sachet 1 medium bag 1 medium packet 1 packet 1 tbs 1 tsp 1 small bag 1 medium packet		

<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)	<b>613kJ</b> (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.



Scan here if you have any questions or concerns





# 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.



# 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 wih 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 ocassionally, 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.



## Serve up

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

#### Rate your recipe

