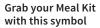


Plant-Based Chick'n Udon Noodle Stir-Fry

with Veggies & Crispy Shallots

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR











Zucchini





Kecap Manis



Sweet Chilli



Chilli Flakes

(Optional)





Garlic Paste





Baby Spinach







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

Plant Based

You won't miss an ounce of flavour when you toss everything into one bowl. It's a guarantee to taste all the goodies in this bowl in one bite, with a bunch of udon noodles to tangle up the veggies and plant-based chicken strips. Grab a fork, you don't want to miss out.



Olive Oil, Soy Sauce, White Wine Vinegar

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

Medium saucepan · Large frying pan

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
udon noodles	1 packet	2 packets		
carrot	1	2		
zucchini	1	2		
kecap manis	1 packet	2 packets		
sweet chilli sauce	1 small packet	1 medium packet		
soy sauce*	2 tbs	⅓ cup		
white wine vinegar*	drizzle	drizzle		
chilli flakes ∮ (optional)	pinch	pinch		
garlic paste	1 packet	2 packets		
plant-based chicken strips	1 packet	2 packets		
baby spinach leaves	1 small bag	1 medium bag		
crispy shallots	1 medium packet	1 large packet		
plant-based chicken strips**	1 packet	2 packets		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2840kJ (679Cal)	617kJ (147Cal)
Protein (g)	42.7g	9.3g
Fat, total (g)	16.6g	3.6g
- saturated (g)	4.1g	0.9g
Carbohydrate (g)	90.3g	19.6g
- sugars (g)	45.1g	9.8g
Sodium (mg)	3099mg	673mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3770kJ (901Cal)	644kJ (154Cal)
Protein (g)	72.3g	12.4g
Fat, total (g)	25.6g	4.4g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	94.1g	16.1g
- sugars (g)	48.9g	8.4g
Sodium (mg)	4224mg	722mg

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





Cook the noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook udon noodles over medium-high heat until tender, 3-4 minutes.
- In the last minute of cook time, gently stir noodles with a fork to separate.
- · Drain, rinse and set aside.



Cook the chick'n

- Return frying pan to medium-high heat with a drizzle of olive oil.
- Cook plant-based chicken strips, tossing, until browned, 4-5 minutes.
- Add cooked noodles and veggies to pan. Add baby spinach leaves and sauce mixture and toss until combined, 1 minute. Season with pepper.

Custom Recipe: If you've doubled your plant-based chick'n strips, cook chick'n in batches for best results. Return all chicken to pan before adding the noodles.



Get prepped & cook the veggies

- Meanwhile, thinly slice carrot and zucchini into half-moons.
- In a small bowl, combine kecap manis, sweet chilli sauce, the soy sauce, white wine vinegar and a pinch of chilli flakes (if using).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook carrot and zucchini, tossing, until tender, 4-5 minutes.
- Add garlic paste and cook, until fragrant, 1 minute. Transfer to a bowl. Season.



Serve up

- Divide plant-based chick'n udon stir-fry between bowls.
- Top with **crispy shallots** and a pinch of **chilli flakes** to serve. Enjoy!