



Plant-Based Chick'n Udon Noodle Stir-Fry

with Veggies & Crispy Shallots

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Udon Noodles



Carrot



Zucchini



Kecap Manis



Sweet Chilli Sauce



Chilli Flakes (Optional)



Garlic Paste



Plant-Based Chicken Strips



Baby Spinach Leaves



Crispy Shallots



Plant-Based Chicken Strips

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.

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

Pantry items

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

	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	¼ 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.

We're here to help!

Scan here if you have any questions or concerns



1



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.

3



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.

2



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.

4



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!

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