

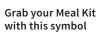
Sesame Pulled Chicken & Konjac Noodles

with Mixed Veggies & Crispy Shallots

EXPLORER

NEW

CLIMATE SUPERSTAR









Green Beans



Carrot





Slow-Cooked



Konjac Noodles

Chicken Breast



Sweet Chilli



Sesame Dressing



Crispy Shallots



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

Eat Me Early



More on the healthier side, konjac noodles are made from the starchy roots of the Chinese konjac plant. This equally tasty noodle, when matched with slow-cooked chicken, is a powerhouse duo of flavour that will blow your tastebuds away.



Pantry items

Olive Oil, Low Sodium 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

Ingredients

3		
	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 small packet	1 medium packet
zucchini	1	2
carrot	1	2
garlic	2 cloves	4 cloves
slow-cooked chicken breast	1 medium packet	2 medium packets OR 1 large packet
konjac noodles	1 medium packet	2 medium packets
sweet chilli sauce	1 medium packet	2 medium packets
low sodium soy sauce*	½ tbs	1 tbs
vinegar* (white wine or rice wine)	1 tsp	2 tsp
sesame dressing	2 medium packets	4 medium packets
crispy shallots	1 medium sachet	1 large sachet
slow-cooked chicken breast**	1 medium packet	2 medium packets OR 1 large packet
* n		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1550kJ (370Cal)	297kJ (71Cal)
Protein (g)	27.5g	5.3g
Fat, total (g)	19.4g	3.7g
- saturated (g)	3.8g	0.7g
Carbohydrate (g)	29.1g	5.6g
- sugars (g)	21.2g	4.1g
Sodium (mg)	1132mg	217mg
Dietary Fibre (g)	6.3g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2091kJ (500Cal)	337kJ (81Cal)
Protein (g)	50.2g	8.1g
Fat, total (g)	22.5g	3.6g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	31.4g	5.1g
- sugars (g)	21.2g	3.4g
Sodium (mg)	1431mg	230mg
Dietary Fibre	6.3g	1g

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





Get prepped

- Trim and halve green beans.
- Thinly slice zucchini and carrot into half-moons.
- Finely chop garlic.
- Drain **slow-cooked chicken breast**. Transfer to a bowl, then roughly shred.
- Drain and rinse konjac noodles.

Custom Recipe: If you've doubled your slow-cooked chicken breast, shred chicken in a large bowl, as above.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook zucchini, carrot and green beans, tossing, until tender, 4-5 minutes.
- Add **shredded chicken** and **garlic** and cook, stirring, until fragrant, 1-2 minutes.

Custom Recipe: Cook shredded chicken as above.



Bring it all together

- Add sweet chilli sauce, the low-sodium soy sauce and vinegar, toss until combined, 1 minute.
- Remove from heat and add sesame dressing and konjac noodles, tossing to combine. Season to taste.



Serve up

- Divide sesame pulled chicken and konjac noodles between bowls.
- Sprinkle over **crispy shallots** to serve. Enjoy!

