



# Sesame Pulled Chicken & Konjac Noodles

with Mixed Veggies & Crispy Shallots

EXPLORER

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Green Beans



Zucchini



Carrot



Garlic



Slow-Cooked Chicken Breast



Konjac Noodles



Sweet Chilli Sauce



Sesame Dressing



Crispy Shallots



Slow-Cooked Chicken Breast

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

Carb Smart

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.

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

### 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

	2 People	4 People
<b>olive oil*</b>	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
<b>low sodium soy sauce*</b>	½ tbs	1 tbs
<b>vinegar* (white wine or rice wine)</b>	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

\*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](https://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.



## 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.



## 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.



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)