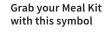


Asian-Style Chicken Noodle Stir-Fry with Greens & Peanuts

FEEL-GOOD TAKEAWAY

KID FRIENDLY

CLIMATE SUPERSTAR











Asian Greens



Chicken Thigh



Egg Noodles



Ginger Paste



Asian BBQ

Seasoning



Oyster Sauce







Pantry items



Prep in: 25-35 mins Ready in: 25-35 mins

Eat Me Early



Packed full of protein, this Asian chicken and noodle dish is the perfect energy boost you need to hit the gym, football field or swimming pool. With the addition of aromatic ginger paste and crunchy peanuts, you're in for a quickly cooked taste sensation that'll have you running for more.

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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
green beans	1 medium packet	2 medium packets		
Asian greens	1 medium packet	2 medium packets		
chicken thigh	1 medium packet	2 medium packets OR 1 large packet		
egg noodles	1 medium packet	2 medium packets		
ginger paste	1 medium packet	1 large packet		
Asian BBQ seasoning	1 medium sachet	2 medium sachets		
oyster sauce	1 medium packet	1 large packet		
brown sugar*	½ tbs	1 tbs		
vinegar* (white wine or rice wine)	1 tbs	2 tbs		
water*	⅓ cup	½ cup		
crushed peanuts	1 medium packet	1 large packet		
chicken thigh**	1 medium packet	2 medium packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2524kJ (603Cal)	522kJ (124Cal)
Protein (g)	43.7g	9g
Fat, total (g)	15.4g	3.2g
- saturated (g)	3.8g	0.8g
Carbohydrate (g)	71.2g	14.7g
- sugars (g)	15.9g	3.3g
Sodium (mg)	2680mg	554mg
Dietary Fibre (g)	11.7g	2.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3314kJ (792Cal)	507kJ (121Cal)
Protein (g)	86.6g	13.2g
Fat, total (g)	17g	2.6g
- saturated (g)	3.6g	0.6g
Carbohydrate (g)	71.3g	10.9g
- sugars (g)	15.7g	2.4g
Sodium (mg)	2718mg	416mg
Dietary Fibre	11.8g	1.8g

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 & cook the veggies

- · Boil the kettle.
- Trim and halve green beans.
- Roughly chop Asian greens.
- Cut chicken thigh into 2cm chunks.
- Heat a large frying pan over medium-high heat with a drizzle of olive oil.
 Cook green beans, tossing, until tender, 4-5 minutes. Add Asian greens and cook, tossing, until wilted, 1 minute. Transfer to a bowl.

Custom Recipe: If you've doubled your chicken thigh, prepare and cook extra chicken in the same way.



Cook the chicken

- Return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through,
 5-6 minutes. Reduce heat to medium, add ginger paste and Asian BBQ seasoning and cook, tossing, until fragrant, 1 minute.
- Add oyster sauce, the brown sugar, vinegar and water and cook, stirring until slightly thickened, 1 minute.
- Return veggies to the frying pan, then add noodles and toss to combine.
 Season with pepper.



Cook the noodles

- Meanwhile, half-fill a medium saucepan with 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.



Serve up

- Divide the Asian-style chicken noodle stir-fry with greens between bowls.
- Top with **crushed peanuts** to serve. Enjoy!