



Asian-Style Chicken Noodle Stir-Fry

with Greens & Peanuts

FEEL-GOOD TAKEAWAY

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Green Beans



Asian Greens



Chicken Thigh



Egg Noodles



Ginger Paste



Asian BBQ Seasoning



Oyster Sauce



Crushed Peanuts



Chicken Thigh

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

Calorie Smart*
**Custom recipe is not Calorie Smart*

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.

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

Pantry items

Olive Oil, Brown Sugar, 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 · Medium saucepan

Ingredients

	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*	¼ 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



1



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.

3



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**.

2



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.

4



Serve up

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

Rate your recipe

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