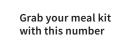


Quick Sweet-Soy Chicken & Veggie Noodles with Crispy Shallots

NEW

KID FRIENDLY











Chicken Thigh



Broccoli & Carrot



Seasoning



Asian Stir-Fry



Crispy Shallots







Eat Me First





Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
egg noodles	1 packet	2 packets	
zucchini	1	2	
garlic	2 cloves	4 cloves	
chicken thigh	1 medium packet	2 medium packets OR 1 large packet	
broccoli & carrot mix	1 medium packet	1 large packet	
sweet soy seasoning	1 sachet	2 sachets	
Asian stir-fry sauce	1 medium packet	2 medium packets	
soy sauce*	1 tsp	2 tsp	
brown sugar*	½ tsp	1 tsp	
water*	2 tbs	¼ cup	
crispy shallots	1 medium sachet	2 medium sachets	

^{*}Pantry Items **Nutrition**

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Avg Qty	Per Serving
Energy (kJ)	2542kJ (608Cal)
Protein (g)	43.5g
Fat tatal(a)	10-

2542kJ (608Cal)	516kJ (123Cal)
43.5g	8.8g
18g	3.7g
5.2g	1.1g
74.5g	15.1g
16.5g	3.3g
2636mg	535mg
10.5g	2.1g
	43.5g 18g 5.2g 74.5g 16.5g 2636mg

Per 100g

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.



Cook the egg noodles

- Boil the kettle. 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.



Make the noodles

- Return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook **chicken** and **sweet soy seasoning**, tossing, until browned, **5-6 minutes**.
- · Reduce heat to medium, then add cooked egg noodles, veggies, Asian stir-fry sauce, the soy sauce, brown sugar and the water, stirring to combine, 1 minute. Season to taste.



Get prepped & cook the veggies

- Meanwhile, thinly slice **zucchini** into half-moons. Finely chop **garlic**. Cut chicken thigh into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Stir-fry zucchini and broccoli & carrot mix until tender, 6-7 minutes.
- Add garlic and cook until fragrant, 1 minute. Transfer to a bowl, season and set aside.

TIP: Add a dash of water to the pan to help speed up the cooking process.



Serve up

- Divide quick sweet-soy chicken and veggie noodles between bowls.
- Sprinkle with **crispy shallots** to serve. Enjoy!



if necessary.

