



# Quick Sweet-Soy Chicken & Veggie Noodles

with Crispy Shallots

NEW

KID FRIENDLY

Grab your meal kit with this number

12



Egg Noodles



Zucchini



Garlic



Chicken Thigh



Broccoli & Carrot Mix



Sweet Soy Seasoning



Asian Stir-Fry Sauce



Crispy Shallots



Chicken Thigh



Beef Strips

Prep in: 10-20 mins  
Ready in: 20-30 mins

Calorie Smart

Eat Me First

Take your noodle night up a notch with this speedy and wholesome meal that combines classic stir-fry flavours with easy pre-prepped veggies and juicy chicken. It's a simple and satisfying meal that turns into a taste sensation!

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar



## 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

	2 People	4 People
<b>olive oil*</b>	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
<b>soy sauce*</b>	1 tsp	2 tsp
<b>brown sugar*</b>	½ tsp	1 tsp
<b>water*</b>	2 tbs	¼ cup
crispy shallots	1 medium sachet	2 medium sachets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2542kJ (608Cal)	516kJ (123Cal)
Protein (g)	43.5g	8.8g
Fat, total (g)	18g	3.7g
- saturated (g)	5.2g	1.1g
Carbohydrate (g)	74.5g	15.1g
- sugars (g)	16.5g	3.3g
Sodium (mg)	2636mg	535mg
Dietary Fibre (g)	10.5g	2.1g

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.

1



## 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.

3



## 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.

2



## 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.

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



#### SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

