



# Vietnamese Chicken Noodle Soup

with Asian Greens & Sesame Seeds

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

35



Carrot



Asian Greens



Chicken Thigh



Ginger Paste



Sweet Soy Seasoning



Oyster Sauce



Egg Noodles



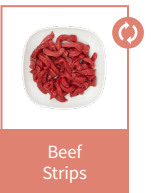
Green Veg Mix



Sesame Seeds



Chicken Thigh



Beef Strips

Prep in: 10-20 mins  
Ready in: 15-25 mins

Calorie Smart

Protein Rich

Eat Me Early

Keep warm this winter with a hearty bowl of chicken noodle soup - packed with succulent chicken, tender veggies and bursting with a delectable combo of zingy and umami flavours. Don't forget a sprinkling of sesame seeds for some added crunch!

### 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

Large saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
Asian greens	1 packet	2 packets
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	2 medium packets
sweet soy seasoning	1 sachet	2 sachets
<b>boiling water*</b>	3 cups	6 cups
oyster sauce	1 medium packet	1 large packet
<b>salt*</b>	¼ tsp	½ tsp
<b>soy sauce*</b>	½ tbs	1 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
egg noodles	1 packet	2 packets
green veg mix	1 medium packet	1 large packet
sesame seeds	1 medium sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2625kJ (627cal)	258kJ (62cal)
Protein (g)	42.6g	4.2g
Fat, total (g)	19.1g	1.9g
- saturated (g)	4.1g	0.4g
Carbohydrate (g)	70.5g	6.9g
- sugars (g)	14.9g	1.5g
Sodium (mg)	3395mg	333.2mg
Dietary Fibre (g)	12.6g	1.2g

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

2024 | CW35



## Get prepped

- Boil the kettle.
- Thinly slice **carrot** into half-moons.
- Roughly chop **Asian greens**.
- Cut **chicken thigh** into 2cm chunks.



## Finish the noodle soup

- To saucepan, add the **boiling water** (3 cups for 2 people / 6 cups for 4 people), **oyster sauce**, **salt**, **soy sauce** and **brown sugar**, stirring to combine. Bring to the boil.
- Add **egg noodles** and **green veg mix**, then cover with a lid. Reduce to a simmer and cook until noodles are tender, **4-5 minutes**.
- In the **last minute**, gently stir **noodles** with a fork to separate. Season to taste with **salt** and **pepper**.

### CUSTOM OPTIONS

**+** **DOUBLE CHICKEN THIGH**  
Follow method above, cooking in batches if necessary.

**🔄** **SWAP TO BEEF STRIPS**  
After cooking the carrot, add beef and cook, tossing, until browned, 1-2 minutes. Continue with recipe.



## Start the noodle soup

- In a large saucepan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken** and **carrot**, tossing, until browned, **5-6 minutes**.
- Add **Asian greens**, **ginger paste** and **sweet soy seasoning** and cook until fragrant, **1 minute**.



## Serve up

- Divide Vietnamese chicken noodle soup between bowls.
- Top with **sesame seeds** to serve. Enjoy!

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

