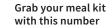


Quick Asian-Style Chicken Noodle Stir-Fry with Green Beans

FEEL GOOD TAKEAWAY

KID FRIENDLY

CLIMATE SUPERSTAR









Green Beans







Chicken Tenderloins

Egg Noodles





Ginger Paste

Asian BBQ Seasoning









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.



Olive Oil, Brown Sugar, Vinegar (White Wine or Rice Wine)

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 frying pan · Medium saucepan

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 medium packet	2 medium packets
Asian greens	1 packet	2 packets
chicken tenderloins	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 sachet	2 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*	1/4 cup	½ cup

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2357kJ (563cal)	248kJ (59cal)
Protein (g)	47.4g	5g
Fat, total (g)	9.7g	1g
- saturated (g)	2g	0.2g
Carbohydrate (g)	70.3g	7.4g
- sugars (g)	15.2g	1.6g
Sodium (mg)	2649mg	279.1mg
Dietary Fibre (g)	10.9g	1.1g
Sodium (mg)	2649mg	279.1mg

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 veggies

- Boil the kettle.
- · Trim and halve green beans.
- · Roughly chop Asian greens.
- Cut chicken tenderloins 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.



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.



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 (when no longer pink inside), 5-6 minutes. Reduce heat to medium, add ginger paste and Asian BBQ seasoning, then cook, tossing until fragrant, 1 minute.
- Add oyster sauce, the brown sugar, vinegar and water, then cook, stirring until slightly thickened, 1 minute.
- Return veggies to the frying pan, then add cooked noodles and toss to combine. Season with pepper.



Serve up

• Divide Asian-style chicken noodle stir-fry between bowls to serve. Enjoy!



SWAP TO PEELED PRAWNS Cook, tossing, until pink and starting to curl up, 3-4 minutes.

SWAP TO PRAWN & CHIVE WONTONS

Cook wontons in a single layer until starting to brown, 1-2 minutes. Carefully add ¼ cup water and cover with a lid. Cook until water has evaporated, 4-5 minutes.

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

