



# Quick Asian-Style Chicken Noodle Stir-Fry

with Green Beans

FEEL GOOD TAKEAWAY

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

41



Green Beans



Asian Greens



Chicken Tenderloins



Egg Noodles



Ginger Paste



Asian BBQ Seasoning



Oyster Sauce



Peeled Prawns



Chicken Tenderloins

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

Calorie Smart

Protein Rich

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.

### Pantry items

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

	2 People	4 People
<b>olive oil*</b>	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 packet	2 packets
ginger paste	1 medium packet	1 large packet
Asian BBQ seasoning	1 sachet	2 sachets
oyster sauce	1 medium packet	1 large packet
<b>brown sugar*</b>	½ tbs	1 tbs
<b>vinegar*</b> (white wine or rice wine)	1 tbs	2 tbs
<b>water*</b>	¼ cup	½ cup

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2377kJ (568cal)	250kJ (60cal)
Protein (g)	47.7g	5g
Fat, total (g)	10.1g	1.1g
- saturated (g)	2.1g	0.2g
Carbohydrate (g)	70.2g	7.4g
- sugars (g)	15.3g	1.6g
Sodium (mg)	2645mg	278.7mg
Dietary Fibre (g)	10.9g	1.1g

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 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.

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 (when no longer pink inside), **5-6 minutes**.
- Reduce heat to medium, then add **ginger paste** and **Asian BBQ seasoning** and 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 **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 Asian-style chicken noodle stir-fry between bowls to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW46



### CUSTOM OPTIONS



#### SWAP TO PEELLED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.



#### DOUBLE CHICKEN TENDERLOINS

Follow method above, cooking in batches if necessary.

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

