



One-Pan Asian-Style Chicken & Noodles

with Rainbow Veggies & Crushed Peanuts

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



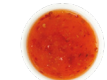
Zucchini



Sweetcorn



Oyster Sauce



Sweet Chilli Sauce



Vermicelli Noodles



Chicken Mince



Ginger Paste



Baby Spinach Leaves



Crushed Peanuts



Beef Mince

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

Calorie Smart

Eat Me Early

In this one pan wonder, whip up sweet chilli and oyster sauce-doused chicken with tasty vermicelli noodles. With colourful veggies and crushed peanuts for garnish, you'll be coming back for seconds (and thirds!).

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce

Before you start

Wash your hands and any fresh food.

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
oyster sauce	1 packet (50g)	1 packet (100g)
sweet chilli sauce	1 medium packet	2 medium packets
soy sauce*	½ tbs	1 tbs
vermicelli noodles	1 medium packet	2 medium packets
chicken mince	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
crushed peanuts	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1924kJ (460Cal)	503kJ (120Cal)
Protein (g)	34.4g	9g
Fat, total (g)	23.6g	6.2g
- saturated (g)	5.1g	1.3g
Carbohydrate (g)	27.4g	7.2g
- sugars (g)	18g	4.7g
Sodium (mg)	1339mg	350mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2683kJ (641Cal)	586kJ (140Cal)
Protein (g)	37.8g	8.3g
Fat, total (g)	20.8g	4.5g
- saturated (g)	7g	1.5g
Carbohydrate (g)	73.3g	16g
- sugars (g)	65.5g	14.3g
Sodium (mg)	1923mg	420mg

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.



Get prepped

- Boil the kettle.
- Cut **carrot** and **zucchini** into half-moons. Drain **sweetcorn**.
- In a small bowl, combine **oyster sauce**, **sweet chilli sauce** and the **soy sauce**.
- Place **vermicelli noodles** in a medium heatproof bowl. Add enough boiling water to cover the **noodles**. Cover and set aside until tender, **3-4 minutes**. Drain.



Bring it all together

- Add **oyster sauce mixture**, **vermicelli noodles** and **baby spinach leaves**.
- Toss to combine, **1 minute**. Season.



Cook chicken & veggies

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **carrot**, **zucchini** and **corn**, until just tender, **2-3 minutes**. Add **chicken mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium-high, add **ginger paste** and cook, until fragrant, **1 minute**.

Custom Recipe: If you've swapped to beef mince, cook as above with the veggies, breaking up with a spoon, 4-6 minutes. Drain oil from pan before adding ginger paste.



Serve up

- Divide Asian-spiced chicken and noodles with rainbow veggies between bowls.
- Top with **crushed peanuts** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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