



One-Pot Asian-Style Chicken Noodle Soup

with Veggies & Crispy Shallots

EXPLORER

CLIMATE SUPERSTAR

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Chicken Thigh



Sweetcorn



Asian Greens



Garlic Paste



Char Siu Paste



Chicken-Style Stock Powder



Udon Noodles



Chilli Flakes (Optional)



Crispy Shallots



Chicken Breast

Prep in: **15-25 mins**
Ready in: **20-30 mins**

Calorie Smart

Eat Me Early

One pot is all you need to whip up this slurptastic noodle delight! Oozing with umami flavours and colourful veggies, dinner will quickly become your favourite meal of the day!

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

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 saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
chicken thigh	1 small packet	1 large packet
sweetcorn	1 tin (125g)	1 tin (300g)
Asian greens	1 bag	2 bags
garlic paste	1 packet	2 packets
char siu paste	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	1½ cups	3 cups
udon noodles	1 packet	2 packets
vinegar* (white wine or rice wine)	drizzle	drizzle
chilli flakes (optional)	pinch	pinch
crispy shallots	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2539kJ (607Cal)	435kJ (104Cal)
Protein (g)	44.4g	7.6g
Fat, total (g)	18.5g	3.2g
- saturated (g)	5.6g	1g
Carbohydrate (g)	66.7g	11.4g
- sugars (g)	26.2g	4.5g
Sodium (mg)	1425mg	244mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2469kJ (590Cal)	423kJ (101Cal)
Protein (g)	47.3g	8.1g
Fat, total (g)	15.2g	2.6g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	66.7g	11.4g
- sugars (g)	26.2g	4.5g
Sodium (mg)	1413mg	242mg

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

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

Little cooks: Older kids can help out with the can opener under adult supervision.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks.



Finish the soup

- Add **sweetcorn**, **Asian greens** and a drizzle of the **vinegar** and cook, stirring, until greens are wilted, **1-2 minutes**.



Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over high heat. Cook **chicken** until starting to brown, **2-3 minutes**. Add **carrot** and cook, tossing, until tender and **chicken** is cooked through, **4-5 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**.
- Reduce heat to medium-high, then add **char siu paste**, **chicken-style stock powder**, the **boiling water** (1 1/2 cups for 2 people / 3 cups for 4 people) and **udon noodles**. Cook, stirring occasionally with a fork, until noodles are separated, **3-4 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: Cook the chicken breast in the same way as above.



Serve up

- Divide Asian-style chicken noodle soup between bowls.
- Sprinkle with **chilli flakes** (if using) and **crispy shallots** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the crispy shallots!

Rate your recipe

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