

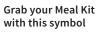
One-Pot Asian-Style Chicken Noodle Soup

with Veggies & Crispy Shallots

EXPLORER

CLIMATE SUPERSTAR

KID FRIENDLY















Asian Greens Sweetcorn





Garlic Paste



Chicken-Style Stock Powder





Chilli Flakes (Optional)



Crispy Shallots





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

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

ingi edients			
	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.



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!