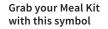


One Pot Asian-Style Chicken Noodle Soup

with Veggies & Crispy Shallots

KID FRIENDLY













Asian Greens

Sweetcorn





Char Siu Paste

Garlic Paste



Chicken-Style



Stock Powder



Chilli Flakes (Optional)

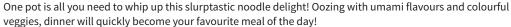


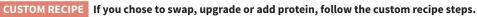




Eat Me Early







Pantry items

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 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 (1½ 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!