



Cal Smart Chicken Konjac Noodles with Crunchy Salad

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

CLIMATE SUPERSTAR

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2173kJ (519Cal) | Protein 35.4g | Fat, total 20.1g - saturated 2.9g | Carbohydrate 43.7g - sugars 24.4g | Sodium 2414mg
The quantities provided above are averages only | **Calorie Smart**

We're here to help! Scan here
2023 | WK19 | AL



Get ready

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)

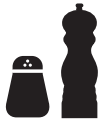


Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Chicken Mince	1 medium pkt	1 large pkt
Deluxe Salad Mix	1 large bag	2 large bags
Sesame Dressing	1 large pkt	2 large pkts

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.

1. Sizzle



Chicken Mince



Lemon Pepper Seasoning



Oyster Sauce



Sweet Chilli Sauce

2. Chop



Cucumber



Lime



Sweetcorn



Konjac Noodles

3. Serve



Deluxe Salad Mix



Sesame Dressing



Coriander



Crunchy Fried Noodles



Chilli Flakes (Optional)

- In a frying pan, heat a drizzle of **oil** over high heat
- Cook **chicken**, breaking up with a spoon, until just browned, **3-4 mins**
- Add **seasoning** and cook until fragrant, **1 min**
- Stir in **oyster sauce**, **sweet chilli sauce** and **water** (1 tbs for 2 people / 2 tbs for 4 people), until combined, **1 min**

- Roughly chop **cucumber**. Slice **lime** into wedges
- Drain **sweetcorn**. Drain and rinse **noodles**

- In a bowl, combine **salad mix**, **cucumber**, **corn**, **konjac noodles**, **cooked chicken** and a squeeze of **lime juice**
- Divide **chicken & konjac noodle salad** between bowls
- Drizzle over **sesame dressing**. Tear over **coriander**. Top with **fried noodles** and a pinch of **chilli flakes** (if using). Serve with any remaining **lime wedges**



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