

## SHANGHAI-STYLE CHICKEN STIR-FRY

with Udon Noodles





Make your own sweet and sour sauce









Spring Onion









Free-Range Chicken Strips





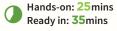
**Udon Noodles** 

Chinese Five Spice



**Hoisin Sauce** 

Pantry Staples: Olive Oil, Soy Sauce, Water





In a ravenous and downright inspired moment in the kitchen, our recipe developer Meg concocted this delicious saucy stir-fry inspired by the streets of Shanghai. It's a good thing she's so inventive when she's hungry – we'd normally resort to toast. This speedy dinner is a lot more delicious than that, we assure you.

# START

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, fine grater, large bowl, colander, large frying pan or wok, spatula and a plate.



Slice the red capsicum into 1 cm strips. Finely slice the red onion. Peel and finely grate the garlic. Finely grate the ginger. Roughly chop the Asian greens. Roughly chop the coriander leaves. Finely slice the spring onion.



2 SOAK THE NOODLES
Place the udon noodles in a large bowl.
Cover with warm water and carefully pry apart the noodles with your fingers. \*TIP: Be gentle to prevent the noodles from breaking into pieces. Drain and refresh under cold water.



Tip: The sweet and sour flavour in the dish comes from the Danage and sour flavour in the dish comes from the Danage five spice and the free-range chicken strips and cook for 3-5 minutes, tossing regularly, until browned and cooked through. Remove from the pan and set aside on a plate. Tip: The sweet and sour flavour in the dish comes from the Chinese five spice and the vinegar in the hoisin sauce (added later).



COOK THE VEGGIES

Heat another drizzle of olive oil in the same frying pan and add the capsicum, red onion, garlic and ginger. Cook for 3 minutes, or until the capsicum has softened and the garlic and ginger are fragrant.



BRING IT ALL TOGETHER
Return the chicken strips to the pan and add the Asian greens, udon noodles, soy sauce, hoisin sauce and water (check ingredients list for the amount). Cook, stirring, for 1 minute, or until all the ingredients are combined and warmed through. Remove from the heat and stir through 1/2 of the coriander and the spring onions.



**SERVE UP**Divide the chicken and udon noodle stir-fry between bowls. Sprinkle over the remaining coriander.

Enjoy!

### 2|4 PEOPLE =

## **INGREDIENTS**

	2P	4P
olive oil*	refer to method	refer to method
red capsicum	1	2
red onion	1	2
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
Asian greens	1 bunch	2 bunches
coriander	1 bunch	1 bunch
spring onion	1 bunch	1 bunch
udon noodles (use suggested amount)	1 packet (200 g)	2 packets (400 g)
Chinese five spice	⅓ sachet (1 tsp)	1 sachet (2 tsp)
free-range chicken strips	1 packet	1 packet
soy sauce*	1 tbs	2 tbs
hoisin sauce	2 sachets (4 tbs)	4 sachets (8 tbs)
water*	1 tbs	2 tbs

\*Pantry Items

NUTRITION	PER SERVING	<b>PER 100G</b>
Energy (kJ)	3140kJ (749Cal)	503kJ (120Cal)
Protein (g)	49.0g	7.9g
Fat, total (g)	23.8g	3.8g
- saturated (g)	5.3g	0.8g
Carbohydrate (g)	78.8g	12.6g
- sugars (g)	27.5g	4.4g
Sodium (g)	2040mg	327mg

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