



# SHANGHAI-STYLE CHICKEN STIR-FRY

with Udon Noodles



Make your own sweet and sour sauce



Red Capsicum



Asian Greens



Red Onion



Spring Onion



Ginger



Garlic



Coriander



Free-Range Chicken Strips



Udon Noodles



Chinese Five Spice



Hoisin Sauce

Pantry Staples: Olive Oil, Soy Sauce, Water



Hands-on: 25 mins

Ready in: 35 mins



Eat me early

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.

## BEFORE 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**.



### 1 GET PREPPED

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.



### 3 COOK THE CHICKEN

Heat a **drizzle of olive oil** in a large frying pan or wok over a medium-high heat. Add the **Chinese 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).**



### 4 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.



### 5 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**.



### 6 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	½ 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	PER 100G
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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