



Chilli-Lemon Chicken & Konjac Noodles

with Mixed Veggies & Crushed Peanuts

NEW

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Green Beans



Zucchini



Carrot



Garlic



Chicken Tenderloins



Konjac Noodles



Lemon Pepper Seasoning



Chilli Flakes (Optional)



Sesame Dressing



Crushed Peanuts



Salmon

Prep in: 25-35 mins
Ready in: 25-35 mins

Carb Smart

**Custom Recipe is not Dietitian Approved*

Eat Me First

There's no need to compromise on flavour when you're keeping calories in check and with this chilli-lemon pepper number, tasteless chicken and soggy noodles are a thing of the past! With vibrant veggies and slurptastic noodles, this one will get you on your feet and dancing (it is that good!).

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, Low-Sodium Soy Sauce, 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 frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
green beans	1 small bag	1 medium bag
zucchini	1	2
carrot	1	2
garlic	2 cloves	4 cloves
chicken tenderloins	1 small packet	1 medium packet
konjac noodles	1 medium packet	2 medium packets
honey*	1 tbs	2 tbs
low sodium soy sauce*	½ tbs	1 tbs
vinegar* (white wine or rice wine)	1 tsp	2 tsp
lemon pepper seasoning	1 medium sachet	2 medium sachets
chilli flakes  (optional)	pinch	pinch
sesame dressing	1 large packet	2 large packets
crushed peanuts	1 medium packet	1 large packet
salmon**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1887kJ (451Cal)	316kJ (76Cal)
Protein (g)	43.8g	7.3g
Fat, total (g)	19.9g	3.3g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	22.2g	3.7g
- sugars (g)	18.1g	3g
Sodium (mg)	932mg	156mg
Dietary Fibre (g)	8g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2440kJ (583Cal)	426kJ (102Cal)
Protein (g)	36.5g	6.4g
Fat, total (g)	37.7g	6.6g
- saturated (g)	6.1g	1.1g
Carbohydrate (g)	23.7g	4.1g
- sugars (g)	18.1g	3.2g
Sodium (mg)	902mg	158mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Trim and roughly chop **green beans**. Thinly slice **zucchini** and **carrot** into half-moons. Finely chop **garlic**.
- Cut **chicken tenderloins** into 2cm chunks. Drain and rinse **konjac noodles**.
- In a small bowl, combine the **honey**, the **low sodium soy sauce** and the **vinegar**.
- In a medium bowl, combine **lemon pepper seasoning**, a pinch of **chilli flakes** (if using) and a drizzle of **olive oil**. Add **chicken**, toss to coat.

Custom Recipe: If you've upgraded to salmon, pat salmon dry with paper towel. Combine salmon with lemon pepper seasoning as above.

3



Cook the chicken & make it saucy

- Return frying pan to high heat with a drizzle of **olive oil**.
- When the oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Reduce heat to medium, then stir in **honey-soy mixture**, cooked **veggies**, **sesame dressing** and **konjac noodles**, until combined, **1 minute**.
- Season to taste.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. When the oil is hot, cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side. Set salmon aside on a plate. Return pan to medium heat and combine ingredients as above.

2



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **carrot**, **zucchini** and **green beans** until slightly tender, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Transfer to a bowl, season and set aside.

4



Serve up

- Divide chilli-lemon pepper chicken and sesame konjac noodles between bowls.
- Sprinkle over **crushed peanuts** and a pinch of **chilli flakes** to serve. Enjoy!

Custom Recipe: Divide veggies and sesame konjac noodles between bowls. Top with chilli-lemon salmon. Continue with step as above.

Rate your recipe

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