

HONEY-SOY CHICKEN NOODLES

with Asian Greens



Whipping up a honey-soy sauce at home is easy, and it's the ideal accompaniment to tender chicken breast, stir-fried

veggies and udon noodles. Top the whole thing off with moreish crispy shallots and crunchy peanuts and this will



Give a honey soy sauce extra zing with ginger!





Spring Onion



Asian Greens



Long Red Chilli (Optional)



Chicken Breast



Ginger





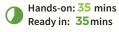


Roasted Peanuts

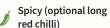


Crispy Shallots

Pantry Staples: Olive Oil, Honey, Soy Sauce







become a family favourite - fast!

START

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



■ GET PREPPED

Bring a medium saucepan of water to the boil. ▼ TIP: Put a lid on the pan so it boils faster. Cut the carrot (unpeeled) into 0.5cm discs. Thinly slice the spring onion. Roughly chop the Asian greens. Finely chop the long red chilli (if using). Cut the chicken breast into 2cm pieces.



2 MAKE THE HONEY-SOY SAUCE Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). In a medium bowl, combine the ginger, garlic, **honey**, **soy sauce** and **warm water** (**see ingredients list**). Set aside.



3 Add the **udon noodles** to the saucepan of boiling water and cook for **8-10 minutes**, or until just tender. Drain and refresh under cold water.



While the noodles are cooking, heat a drizzle of olive oil in a large wok or frying pan over a medium-high heat. Season the chicken with salt and pepper. Once hot, add 1/2 the chicken to the pan. Cook, stirring, for 5-6 minutes, or until browned and cooked through. Transfer to a medium bowl. Repeat with the remaining chicken. *TIP: Cooking the chicken in batches will stop it from stewing and keep it tender.



BRING IT ALL TOGETHER
Return the pan to a medium-high heat
with a drizzle of olive oil. Add the carrot and
1/2 the spring onion to the pan and cook,
stirring occasionally, for 5-6 minutes, or until
tender. *TIP: Add a dash of water to help
speed up the cooking process! Add the honeysoy sauce and the Asian greens and cook for
2 minutes, or until bubbling and wilted. Add
the chicken and udon noodles to the pan and
toss to combine and heat through.



SERVE UP
Divide the honey-soy chicken noodles with veggies between bowls. Top with the roasted peanuts and crispy shallots. Sprinkle the long red chilli (if using) and remaining spring onion over the adults' portions.

* TIP: Some like it hot, but if you don't just hold back on the chilli.

*TIP: For kids, follow our serving suggestion in the main photo!

ENJOY!

-5 PEOPLE =

INGREDIENTS

	4-5P	
olive oil*	refer to method	
carrot	2	
spring onion	1 bunch	
Asian greens	1 bunch	
long red chilli (optional)	1	
chicken breast	1 packet	
ginger	1 knob	
garlic	2 cloves	
honey*	¼ cup	
soy sauce*	⅓ cup	
warm water*	¼ cup	
udon noodles	1 packet	
roasted peanuts	1 packet	
crispy shallots	1 packet	

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2620kJ (625Cal)	668kJ (159Cal)
Protein (g)	47.2g	12.0g
Fat, total (g)	16.4g	4.2g
saturated (g)	4.5g	1.2g
Carbohydrate (g)	68.7g	17.5g
- sugars (g)	17.7g	4.5g
Sodium (g)	2770mg	707mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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