



HONEY-SOY CHICKEN NOODLES

with Asian Greens



Give a honey soy sauce extra zing with ginger!



Carrot



Spring Onion



Asian Greens



Long Red Chilli (Optional)



Chicken Breast



Ginger



Garlic



Udon Noodles



Roasted Peanuts



Crispy Shallots

Hands-on: **35** mins
Ready in: **35** mins

Eat me early

Spicy (optional long red chilli)

K4

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 become a family favourite - fast!

Pantry Staples: Olive Oil, Honey, Soy Sauce

BEFORE YOU 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**.



1 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 COOK THE UDON NOODLES

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.



4 COOK THE CHICKEN

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.



5 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 **honey-soy 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.



6 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!

4-5 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*	½ 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](https://www.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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