



# One-Pot Chicken & Mushroom Pea Pod Soup

with Udon Noodles & Asian Greens

KID FRIENDLY

Grab your Meal Kit with this symbol



Pea Pods



Chicken Thigh



Asian Greens



Sliced Mushroom



Garlic Paste



Char Siu Paste



Chicken-Style Stock Powder



Udon Noodles



Crispy Shallots



Chilli Flakes (Optional)



Chicken Breast

Prep in: 15-25 mins  
Ready in: 20-30 mins

Calorie Smart

Eat Me Early

One pot is all you need to whip up this slurptastic noodle delight! Oozing with umami flavours and colourful veggies, dinner will quickly become your favourite meal of the day!

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

### Pantry items

Olive Oil, 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 saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
pea pods	1 small bag	1 medium bag
chicken thigh	1 small packet	1 large packet
Asian greens	1 bag	2 bags
sliced mushrooms	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
char siu paste	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
<b>boiling water*</b>	1½ cups	3 cups
udon noodles	1 packet	2 packets
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
crispy shallots	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2386kJ (570Cal)	425kJ (102Cal)
Protein (g)	45.5g	8.1g
Fat, total (g)	17.6g	3.1g
- saturated (g)	5.4g	1g
Carbohydrate (g)	58.7g	10.5g
- sugars (g)	20.2g	3.6g
Sodium (mg)	1240mg	221mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2316kJ (554Cal)	413kJ (99Cal)
Protein (g)	48.4g	8.6g
Fat, total (g)	14.3g	2.5g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	58.7g	10.5g
- sugars (g)	20.2g	3.6g
Sodium (mg)	1228mg	219mg

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](https://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



## Get prepped

- Boil the kettle.
- Trim **pea pods** and cut into thirds. Cut **chicken thigh** into 2cm chunks.
- Roughly chop **Asian greens**.

**Custom Recipe:** If you've swapped to chicken breast, cut chicken into 2cm chunks.



## Finish the soup

- Add **pea pods**, **Asian greens** and a drizzle of the **vinegar** and cook, stirring, until greens are wilted, **1-2 minutes**.



## Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over high heat. Cook **chicken** until starting to brown, **2-3 minutes**. Cook **sliced mushrooms**, tossing, until tender, **4-5 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**.
- Reduce heat to medium-high, then add **char siu paste**, **chicken-style stock powder**, the **boiling water** (1½ cups for 2 people / 3 cups for 4 people) and **udon noodles**. Cook, stirring occasionally with a fork, until **noodles** are separated, **3-4 minutes**.

**TIP:** Chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** Cook chicken breast in the same way as above.



## Serve up

- Divide chicken and mushroom pea pod soup between bowls.
- Sprinkle with **crispy shallots** and **chilli flakes** (if using) to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the **crispy shallots**!

## Rate your recipe

Did we make your tastebuds happy?

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