



Panko-Crusted Chicken

with Sichuan Noodles

Grab your Meal Kit with this symbol



Broccoli



Carrot



Chicken Breast



Panko Breadcrumbs



Udon Noodles



Sichuan Garlic Paste



Mayonnaise



Coriander

Hands-on: **25-35** mins
Ready in: **30-40** mins

Eat me early

The combination of soft and chewy udon noodles with our super crunchy panko-crusted chicken – what could be more fun? Enjoy this Asian-inspired dish that’s big on flavour and texture.

Pantry items

Olive Oil, Plain Flour, Eggs, Rice Wine Vinegar (or White Wine Vinegar)

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
broccoli	1 head	2 heads
carrot	1	2
chicken breast	1 small packet	1 large packet
plain flour*	1½ tbs	3 tbs
salt*	½ tsp	1 tsp
eggs*	1	2
panko breadcrumbs	1 packet	2 packets
udon noodles	1 packet	2 packets
Sichuan garlic paste	1 packet (80g)	2 packets (160g)
mayonnaise	1 packet (40g)	2 packets (80g)
rice wine vinegar* (or white wine vinegar)	1 tsp	2 tsp
coriander	1 bag	1 bag

*Pantry items

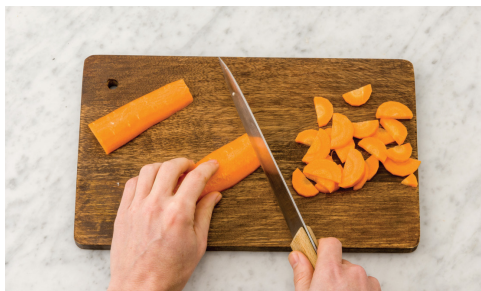
Nutrition

	Per Serving	Per 100g
Energy (kJ)	3658kJ (874Cal)	530kJ (126Cal)
Protein (g)	59g	8.5g
Fat, total (g)	31.7g	4.6g
- saturated (g)	5.5g	0.8g
Carbohydrate (g)	77.1g	11.2g
- sugars (g)	17.5g	2.5g
Sodium (mg)	1717mg	249mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Bring a large saucepan of water to the boil. Chop the **broccoli** into small florets and roughly chop the stalk. Slice the **carrot** (unpeeled) into 1cm half-moons. Place the **chicken breasts** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm thick.



4. Cook the noodles & veggies

While the chicken is cooking, add the udon **noodles**, **broccoli** and **carrot** to the saucepan of boiling water and cook, stirring with a fork to separate the noodles, until tender, **3 minutes**. Drain and return the **noodles** and **veggies** to the saucepan, add the **Sichuan garlic paste** and toss to coat.



2. Crumb the chicken

In a shallow bowl, combine the **plain flour** and **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** in the **flour**, followed by the **egg**, and finally in the **panko breadcrumbs**. Place the crumbed **chicken** on a plate.

TIP: Use one hand for the wet ingredients and one hand for the dry ingredients to stop your hands from getting too messy!



5. Make the mayo drizzle

In a small bowl, combine the **mayonnaise** and **rice wine vinegar**.



3. Cook the chicken

Heat a large frying pan over a medium-high heat. Add enough **olive oil** to coat the base of the pan. When the oil is hot, cook the crumbed **chicken** until golden and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Cook in batches if your pan is getting crowded for the best results!



6. Serve up

Roughly chop the **coriander**. Slice the panko-crusted chicken. Divide the Sichuan noodles and veggies between bowls. Top with the chicken. Drizzle over the mayo and garnish with the coriander to serve.

Enjoy!