



Quick Plant-Based Chick'n Noodle Stir-Fry

with Asian Mushroom Sauce Veggie Stir-Fry

ALTERNATIVE PROTEIN

Grab your Meal Kit with this symbol



Carrot



Capsicum



Plant-Based Asian Mushroom Sauce



Vermicelli Noodles



Plant-Based Crumbed Chicken



Baby Spinach Leaves



Sweet Chilli Sauce



Crispy Shallots



Plant-Based Crumbed Chicken

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

Plant Based

Meatless Monday is sorted when you whip up these perfectly crumbed chick'n tenders and when you drizzle the sweet chilli sauce on top, you know that this one is a hit! With fine, angel-like vermicelli noodles in a mushroom sauce stir-fry, this Plant-Based Asian number is one for the books!

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

Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine), Brown Sugar

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
carrot	1	2
capsicum	1	2
plant-based Asian mushroom sauce	1 large packet	2 large packets
soy sauce*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	drizzle	drizzle
brown sugar*	½ tbs	1 tbs
vermicelli noodles	1 medium packet	2 medium packets
plant-based crumbed chicken	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
sweet chilli sauce	1 small packet	1 medium packet
crispy shallots	1 medium packet	1 large packet
plant-based crumbed chicken**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2827kJ (676Cal)	615kJ (147Cal)
Protein (g)	21.5g	4.7g
Fat, total (g)	23.9g	5.2g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	99.8g	21.7g
- sugars (g)	75.2g	16.3g
Sodium (mg)	3220mg	700mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4143kJ (990Cal)	727kJ (174Cal)
Protein (g)	36g	6.3g
Fat, total (g)	43.4g	7.6g
- saturated (g)	5.8g	1g
Carbohydrate (g)	118.8g	20.8g
- sugars (g)	76.2g	13.4g
Sodium (mg)	3997mg	701mg

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

- Boil the kettle.
- Thinly slice **carrot** into half-moons. Roughly chop **capsicum**.
- In a small bowl, combine **plant-based Asian mushroom sauce**, the **soy sauce**, the **vinegar** and the **brown sugar**.

3



Cook the stir-fry

- Wipe out pan and return to high heat with a drizzle of **olive oil**.
- Stir-fry **carrot** and **capsicum** until tender, **5-6 minutes**.
- Stir in **baby spinach leaves**, **noodles** and **sauce mixture** until combined. Season with **pepper**.

2



Cook noodles & chick'n

- Place **vermicelli noodles** in a medium heatproof bowl.
- Add enough boiling water to cover **noodles**. Cover and set aside until tender, **3-4 minutes**. Drain.
- Meanwhile, heat a large frying pan over medium-high heat with enough **olive oil** to cover the base.
- Cook **plant-based crumbed chicken** until golden and heated through, **2-3 minutes** on each side. Remove from heat. Transfer to a plate.

Custom Recipe: If you've doubled your plant-based crumbed chicken, cook plant-based crumbed chicken in batches for the best results.

4



Serve up

- Slice chick'n.
- Divide Asian mushroom sauce veggie stir-fry and vermicelli noodles between bowls.
- Top with chick'n. Drizzle over **sweet chilli sauce**. Sprinkle over **crispy shallots** to serve. Enjoy!

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