

Sweet & Sour Chicken

with Egg Noodle Stir-Fry, Cashews & Coriander


Grab your Meal Kit with this symbol



-  Pineapple Slices
-  Baby Corn Spears
-  Green Beans
-  Brown Onion
-  Capsicum
-  Carrot
-  Garlic
-  Long Chilli (Optional)
-  Cornflour
-  Chicken-Style Stock Powder
-  Egg Noodles
-  Oyster Sauce
-  Sweet Chilli Sauce
-  Roasted Cashews
-  Coriander
-  Chicken Thigh
-  Ginger Paste
-  Sweet & Sour Sauce

 **Recipe Update**
 Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: 30-40 mins
 Ready in: 35-45 mins

 Eat Me Early

You could brave the cold and duck out for some sweet and sour chicken and Chinese noodles... or you could stay cosy and whip up the whole shebang from the comfort of your kitchen, in around 40 minutes. Boasting the perfect balance of sweet and sour, plus savoury, salty and umami-rich flavours, you'll be taking your tastebuds on a holiday with this moreish dish.

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pineapple slices	1 tin	2 tins
baby corn spears	½ tin	1 tin
brown onion	1	2
capsicum	1	2
green beans	1 small bag	1 medium bag
carrot	1	2
garlic	3 cloves	6 cloves
long chilli (optional)	½	1
chicken thigh	1 small packet	1 large packet
cornflour	1 medium sachet	1 large sachet
chicken-style stock powder	1 medium sachet	1 large sachet
sweet & sour sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
egg noodles	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
oyster sauce	1 packet (100g)	2 packets (200g)
sweet chilli sauce	1 packet (50g)	1 large (100g)
roasted cashews	1 medium packet	1 large packet
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3998kJ (956Cal)	384kJ (92Cal)
Protein (g)	52.3g	5g
Fat, total (g)	15.6g	1.5g
- saturated (g)	3.2g	0.3g
Carbohydrate (g)	146.4g	14.1g
- sugars (g)	66.4g	6.4g
Sodium (mg)	5537mg	533mg

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

2022 | CW27



Get prepped

- Boil the kettle. Drain **pineapple slices** and **baby corn spears** (see ingredients).
- Roughly chop **pineapple**, **brown onion** and **capsicum**. Trim **green beans**, then slice into thirds. Thinly slice **carrot** into half-moons. Finely chop **garlic**. Thinly slice **long chilli** (if using). Set aside.
- Cut **chicken thigh** into 2cm chunks. In a medium bowl, combine **cornflour**, **chicken-style stock powder** and a pinch of **pepper**. Add **chicken**, tossing to coat.
- In a small bowl, combine **sweet & sour sauce**, the **soy sauce**, the **brown sugar** and a splash of **water**.



Add the sauce

- Wipe out frying pan, then return to high heat with a drizzle of **olive oil**.
- Cook **onion**, **capsicum** and **pineapple**, tossing, until tender, **4-5 minutes**.
- Add **ginger paste** and 1/2 the **garlic**. Cook until fragrant, **1 minute**.
- Stir in the **sweet & sour sauce mixture**. Return **chicken** to pan and cook, tossing, until coated and heated through, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl, then cover to keep warm.



Cook the egg noodles

- Half-fill a medium saucepan with the boiled water, then heat over medium-high heat.
- Cook **egg noodles**, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain and rinse **noodles**, then set aside.



Cook the veggies

- Wipe out frying pan again, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **baby corn**, **carrot** and **green beans** until tender, **2-3 minutes**.
- Stir in the **oyster sauce**, **sweet chilli sauce** and remaining **garlic**. Cook until fragrant, **1 minute**.
- Add the cooked **noodles** and a splash of **water**, and cook, tossing, until combined, **1 minute**.



Cook the chicken

- While the noodles are cooking, heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, shake excess cornflour off **chicken**, then cook **chicken**, tossing, until browned and cooked through, **5-6 minutes**
- Transfer **chicken** to a bowl.

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



Serve up

- Divide egg noodle stir-fry between bowls. Top with sweet and sour chicken.
- Sprinkle with chilli and **roasted cashews**.
- Tear over **coriander** leaves to serve. Enjoy!

Rate your recipe

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