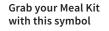


Sweet & Sour Chicken

with Egg Noodle Stir-Fry, Cashews & Coriander







Pineapple Slices





Green Beans



Brown Onion









Carrot

(Optional)











Egg Noodles





Sweet Chilli







Oyster Sauce

Coriander

Chicken Thigh





Ginger Paste

Sweet & Sou Sauce



Olive Oil, Soy Sauce, Brown Sugar



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



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.

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You will need

Medium saucepan · Large frying pan

Ingradients

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	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) ∮	1/2	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.



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.



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 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.



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 veggies

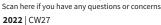
- · Wipe out frying pan again, then return to medium-high heat with a drizzle of olive oil.
- · Cook baby corn, carrot and green beans until tender, 2-3 minutes.
- · Stir in the oyster sauce, sweet chilli sauce and remaining garlic. Cook until fragrant, 1 minute.
- · Add the cooked **noodles** and a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



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