



TERIYAKI CHICKEN

with Veggies & Ramen Noodles



Add teriyaki sauce to noodles!



Brown Onion



Carrot



Red Capsicum



Broccoli



Ginger



Chicken Thigh



Ramen Noodles



Teriyaki Sauce

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

Eat me early

Low calorie

This no-fuss noodle bowl with a more-ish teriyaki sauce, tender pieces of chicken and colourful veggies is a hands-down winner. Easy to make with family-friendly flavours, it ticks all the dinnertime boxes.

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **large frying pan** • **medium saucepan**



1 GET PREPPED

Thinly slice the **brown onion**. Slice the **carrot** (unpeeled) into thin half-moons. Thinly slice the **red capsicum**. Cut the **broccoli** into small florets and roughly chop the stalk. Finely grate the **ginger**. Cut the **chicken thigh** into 2cm chunks. Bring a medium saucepan of water to the boil.



2 COOK THE VEGGIES

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. When the oil is hot, add the **onion** and cook until slightly softened, **2-3 minutes**. Add the **carrot** and **capsicum** and cook until slightly softened, **2-3 minutes**. Add the **broccoli** and the **water** and bring to the boil, tossing, until tender and the water has evaporated, **3-4 minutes**. Transfer the veggies to a medium bowl.



3 COOK THE CHICKEN

Return the large frying pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **chicken** and cook, tossing, until browned and cooked through, **8-10 minutes**. **TIP:** *If your pan is getting crowded, cook in batches for the best results!* Add the **ginger** and **butter** and cook until fragrant, **1 minute**.



4 COOK THE NOODLES

While the chicken is cooking, add the **ramen noodles** to the boiling water and cook until tender, **4 minutes**. Drain.



5 ADD THE SAUCE

Return the **veggies** to the frying pan with the **noodles** and **teriyaki sauce**. Bring to the boil, tossing together, until heated through, **1-2 minutes**.



6 SERVE UP

Divide the teriyaki chicken, veggies and noodles between bowls.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
carrot	1
red capsicum	1
broccoli	1 head
ginger	1 knob
chicken thigh	1 packet
water*	¼ cup
butter*	20g
ramen noodles	1 packet
teriyaki sauce	2 sachets (260 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2270kJ (541Cal)	450kJ (107Cal)
Protein (g)	42.6g	8.5g
Fat, total (g)	20.8g	4.1g
- saturated (g)	7.2g	1.4g
Carbohydrate (g)	41.0g	8.1g
- sugars (g)	20.8g	4.1g
Sodium (g)	1340mg	266mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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