



# Chinese-Style Chicken Noodle Stir-fry

with Asian Greens & Peanuts

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Carrot



Green Beans



Asian Greens



Egg Noodles



Crushed Peanuts



Chicken Tenderloins



Ginger Paste



Oyster Sauce

Prep in: 25-35 mins  
Ready in: 25-35 mins

 Eat Me Early

This four-step dinner delight is not only super quick but super tasty! Packed with our personal favourite noodles, egg noodles and brimming with bright veggies and chicken, all this meal needs is a few hungry chefs to devour it - that's where you come in!

## Pantry items

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

## 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 frying pan · Medium saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
green beans	1 small bag	1 medium bag
Asian greens	1 bag	2 bags
<b>soy sauce*</b>	1 tsp	2 tsp
chicken tenderloins	1 small packet	1 large packet
egg noodles	1 medium packet	2 medium packets
ginger paste	1 medium packet	1 large packet
oyster sauce	1 packet	2 packets
<b>brown sugar*</b>	1 tbs	2 tbs
<b>vinegar*</b> (white wine or rice wine)	1 tbs	2 tbs
crushed peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2827kJ (676Cal)	509kJ (122Cal)
Protein (g)	50g	9g
Fat, total (g)	16.2g	2.9g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	80.2g	14.4g
- sugars (g)	26.2g	4.7g
Sodium (mg)	2119mg	381mg

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](https://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



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## Cook the veggies

- Boil the kettle. Cut **carrot** into thin rounds. Trim and halve the **green beans**. Roughly chop **Asian greens**.
- Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Add **green beans, carrot** and a splash of water, and cook, tossing, until tender, **4-6 minutes**. Add **Asian greens** and the **soy sauce** and cook, tossing, until wilted, **1 minute**. Transfer to a bowl.
- Meanwhile, cut **chicken tenderloins** into 2cm chunks.



## Cook the chicken

- Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Add **ginger paste** and cook, tossing, until fragrant, **1 minute**.
- Return **veggies** to the frying pan, then add **noodles, oyster sauce**, the **brown sugar, vinegar** and a splash of **water**. Toss to combine and cook until slightly reduced, **1 minute**.

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



## Cook the noodles

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



## Serve up

- Divide the Chinese-style chicken noodle stir-fry between bowls.
- Top with **crushed peanuts** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)