



# Thai-Style Chicken & Konjac Noodles

with Stir-Fried Veggies

NEW



Grab your Meal Kit with this symbol



Carrot



Zucchini



Green Beans



Konjac Noodles



Sweet Chilli Sauce



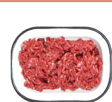
Oyster Sauce



Chilli Flakes (Optional)



Chicken Mince



Beef Mince

Prep in: 20-30 mins  
Ready in: 25-35 mins



Carb Smart



Eat Me Early

Bring the night noodle markets straight into your kitchen by whipping up this super easy and super tasty Thai fusion dinner. You'll be glad you stayed in because this meal is a delight with every bite.

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

### Pantry items

Olive Oil, Soy Sauce

## 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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
zucchini	1	2
green beans	1 small bag	1 medium bag
konjac noodles	1 medium packet	1 large packet
sweet chilli sauce	1 packet (50g)	2 packets (100g)
oyster sauce	1 packet (50g)	1 packet (100g)
<b>water*</b>	1 tbs	2 tbs
<b>soy sauce*</b>	1 tsp	2 tsp
chicken mince	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
beef mince**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1449kJ (346Cal)	288kJ (69Cal)
Protein (g)	36.6g	7.3g
Fat, total (g)	12.1g	2.4g
- saturated (g)	2g	0.4g
Carbohydrate (g)	22.4g	4.5g
- sugars (g)	15.2g	3g
Sodium (mg)	1817mg	362mg
Dietary Fibre (g)	7.2g	1.4g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1847kJ (441Cal)	368kJ (88Cal)
Protein (g)	36.2g	7.2g
Fat, total (g)	22.9g	4.6g
- saturated (g)	6.9g	1.4g
Carbohydrate (g)	22.4g	4.5g
- sugars (g)	15.2g	3g
Sodium (mg)	1841mg	367mg
Dietary Fibre (g)	7.2g	1.4g

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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## Get prepped

- Thinly slice **carrot** and **zucchini** into half-moons. Trim **green beans**.
- Drain and rinse **konjac noodles**.
- In a small bowl, combine **sweet chilli sauce**, **oyster sauce**, the **water** and **soy sauce** until smooth.



## Cook the chicken

- Return frying pan to high heat with a drizzle of **olive oil**.
- Cook **chicken mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium, return **veggies** to pan and add **sauce mixture**, stirring, until slightly reduced, **1 minute**.
- Remove pan from heat and add **konjac noodles**, tossing, until combined.

**Custom Recipe:** If you've swapped to beef mince, cook beef mince in the same way as chicken mince.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **carrot**, **zucchini** and **green beans**, until tender, **4-5 minutes**. Season and transfer to a bowl.



## Serve up

- Divide Thai-style chicken & veggie stir-fry between bowls.
- Top with **chilli flakes** (optional) to serve. Enjoy!

## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)