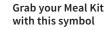


Char Siu Chicken & Udon Noodle Broth

with Garlic Veggies & Crispy Shallots

EXPLORER











Carrot

Chicken Thigh





Seasoning Blend



Udon Noodles



Ginger Paste



Chicken-Style Stock Powder



Crispy Shallots



Prep in: 25-35 mins Ready in: 30-40 mins

Eat Me Early

If you need any way to change up a chicken and udon noodle broth, you can't go wrong with a coating of char siu. The chicken is instantly wrapped in rich flavours and combined with the seasoned broth for a bowl that is purely delicious.



Olive Oil, Plain Flour, Soy Sauce, Sesame Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
sweetcorn	1 tin	1 tin
carrot	1	2
chicken thigh	1 packet	1 packet
plain flour*	½ tbs	1 tbs
seasoning blend	½ sachet	1 sachet
char siu paste	½ packet (37.5g)	1 packet (75g)
udon noodles	1 packet	2 packets
soy sauce*		2
(for the veggies)	1 tsp	2 tsp
(for the veggies) ginger paste	1 tsp 1 medium packet	1 large packet
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ginger paste	1 medium packet	1 large packet
ginger paste water* chicken-style	1 medium packet 1½ cups	1 large packet 3 cups
ginger paste water* chicken-style stock powder soy sauce* (for the broth) sesame oil*	1 medium packet 1½ cups 1 medium sachet	1 large packet 3 cups 1 large sachet
ginger paste water* chicken-style stock powder soy sauce* (for the broth) sesame oil* crispy shallots	1 medium packet 1½ cups 1 medium sachet ½ tbs	1 large packet 3 cups 1 large sachet 1 tbs
ginger paste water* chicken-style stock powder soy sauce* (for the broth) sesame oil*	1 medium packet 1½ cups 1 medium sachet ½ tbs 1 tsp	1 large packet 3 cups 1 large sachet 1 tbs 2 tsp

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2866kJ (685Cal)	589kJ (141Cal)
Protein (g)	41.3g	8.5g
Fat, total (g)	28.8g	5.9g
- saturated (g)	8.1g	1.7g
Carbohydrate (g)	70.7g	14.5g
- sugars (g)	22.6g	4.6g
Sodium (mg)	2601mg	534mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2775kJ (663Cal)	570kJ (136Cal)
Protein (g)	45.6g	9.4g
Fat, total (g)	19.4g	4g
- saturated (g)	5.2g	1.1g
Carbohydrate (g)	70.7g	14.5g
- sugars (g)	22.6g	4.6g
Sodium (mg)	2585mg	531mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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

2023 | CW25



Get prepped

- · Boil the kettle.
- Finely chop garlic. Drain the sweetcorn. Thinly slice carrot into half-moons.
- Cut chicken thigh into 2cm chunks.
- In a medium bowl, combine the plain flour, half the seasoning blend (see ingredients) and a pinch of salt. Add chicken and toss to coat.

Custom Recipe: If you've swapped from chicken thigh to chicken breast, prep and flavour in the same way as above.



Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook chicken in batches, tossing, until golden and cooked through, 5-6 minutes.
- Remove pan from heat, add char siu paste (see ingredients) and a splash of water and gently toss chicken to coat. Transfer to a bowl and cover to keep warm.

Custom Recipe: Cook the chicken breast into the same way as above.



Make the udon noodles

- Meanwhile, half-fill a medium saucepan with boiling water. Cook udon noodles over medium-high heat until tender, 3-4 minutes.
- In last minute of cook time, gently stir noodles with a fork to separate. Drain, rinse and set aside in the strainer.



Cook the veggies

- Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
 Cook carrot until just tender, 3-4 minutes.
- Add sweetcorn, soy sauce (for the veggies)
 and half the garlic and cook until softened,
 3-4 minutes. Season to taste. Transfer to a bowl and cover to keep warm.



Make the broth

- Return the saucepan to medium-high heat with a drizzle of olive oil. Cook ginger paste, the remaining garlic and remaining seasoning blend (see ingredients) until fragrant,
 1-2 minutes.
- Add the water, chicken-style stock powder, soy sauce (for the broth) and sesame oil. Bring to a simmer and cook until slightly reduced,
 2-3 minutes. Season to taste.
- Add udon noodles to the broth and stir to combine.



Serve up

- · Divide udon noodle broth between bowls.
- Top with garlic veggies and char siu chicken.
- Spoon any remaining char siu sauce over chicken.
- Garnish with crispy shallots to serve. Enjoy!



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