



# Char Siu Chicken & Udon Noodle Broth

with Garlic Veggies & Crispy Shallots

EXPLORER

Grab your Meal Kit with this symbol



Garlic



Sweetcorn



Carrot



Chicken Thigh



Seasoning Blend



Char Siu Paste



Udon Noodles



Ginger Paste



Chicken-Style Stock Powder



Crispy Shallots



Chicken Breast

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.

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

### Pantry items

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
<b>olive oil*</b>	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
<b>plain flour*</b>	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
<b>soy sauce*</b> (for the veggies)	1 tsp	2 tsp
ginger paste	1 medium packet	1 large packet
<b>water*</b>	1½ cups	3 cups
chicken-style stock powder	1 medium sachet	1 large sachet
<b>soy sauce*</b> (for the broth)	½ tbs	1 tbs
<b>sesame oil*</b>	1 tsp	2 tsp
crispy shallots	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

\*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](https://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



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## 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 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.



## 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 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.



## 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.



## 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!

## Rate your recipe

Did we make your tastebuds happy?

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