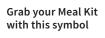


with Oyster Sauce

KID FRIENDLY















**Oyster Sauce** 



**Udon Noodles** 

Diced Chicken





Seasoning





Shredded Cabbage

Crispy Shallots





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



Calorie Smart\* \*Custom Recipe is not Calorie Smart It's time to work on your slurping game with these udon noodles. You're going to have to devour the golden crispy chicken and veggies in a rich oyster sauce or even better, slurp it all up in one giant mouthful!

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

#### **Pantry items**

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

# 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

Medium saucepan · Large frying pan

# Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 packet (50g)	1 packet (100g)
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	½ tbs	1 tbs
udon noodles	1 packet	2 packets
diced chicken	1 packet	1 packet
sweet soy seasoning	½ sachet	1 sachet
salt*	1/4 tsp	½ tsp
cornflour	½ packet	1 packet
plain flour*	1 tbs	2 tbs
shredded cabbage mix	1 bag (150g)	1 bag (300g)
crispy shallots	1 medium packet	1 large packet
diced chicken**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2433kJ (582Cal)	446kJ (107Cal)
Protein (g)	46.8g	8.6g
Fat, total (g)	7.5g	1.4g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	75.5g	13.8g
- sugars (g)	22.7g	4.2g
Sodium (mg)	2387mg	438mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3090kJ</b> (739Cal)	444kJ (106Cal)
Protein (g)	80.2g	11.5g
Fat, total (g)	9.9g	1.4g
- saturated (g)	4g	0.6g
Carbohydrate (g)	75.5g	10.9g
- sugars (g)	22.7g	3.3g
Sodium (mg)	2448mg	352mg

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

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# Get prepped

- Boil the kettle. Thinly slice carrot into half-moons. Thinly slice celery.
- In a small bowl, combine oyster sauce, sweet chilli sauce, the soy sauce, brown sugar, vinegar and a splash of water. Set aside.
- Half-fill a medium saucepan with boiling water. Cook udon noodles in boiling water over medium-high heat until tender, 3-4 minutes.
- In the last **minute** of cook time, gently stir **noodles** with a fork to separate.
- · Drain, rinse and set aside.



# Cook the veggies

- Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil. Cook carrot and celery until tender, 2-4 minutes.
- Add **shredded cabbage mix** and cook until tender, **2-3 minutes**.
- Remove pan from heat, then add cooked udon noodles and oyster sauce mixture, tossing, until combined. Season to taste.



#### Cook the chicken

- · Meanwhile, combine diced chicken, sweet soy seasoning (see ingredients), the salt and a drizzle of olive oil in a medium bowl.
- Add cornflour (see ingredients) and the plain flour, tossing chicken to coat.
- Heat a large frying pan over medium-high heat with enough olive oil to cover the base. When oil is hot, dust off any excess flour from chicken and cook, turning occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a paper towel-lined plate.

Custom Recipe: If you've doubled your diced chicken, combine with seasoning as above. Cook chicken in batches for best results!



# Serve up

- Divide veggie udon noodles between bowls.
- Top with Asian crispy chicken and garnish with **crispy shallots** to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the garnish!

