



Quick Asian Crispy Chicken & Veggie Udon Noodles with Oyster Sauce

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Celery



Oyster Sauce



Sweet Chilli Sauce



Udon Noodles



Diced Chicken



Sweet Soy Seasoning



Cornflour



Shredded Cabbage Mix



Crispy Shallots



Diced Chicken

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

Eat Me Early

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

	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*	¼ 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)	3090kJ (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!

Rate your recipe

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