



Quick Ginger-Teriyaki Chicken Noodle Stir Fry

with Veggies & Coriander

FEEL-GOOD TAKEAWAY

NEW

Grab your meal kit with this number

32



Green Beans



Carrot



Courgette



Garlic



Lemon



Egg Noodles



Diced Chicken



Ginger Paste



Teriyaki Sauce



Coriander



Diced Chicken



Pork Loin Steak

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

Calorie Smart

Protein Rich

Eat Me Early

A chicken stir-fry is a takeaway classic, but we think we can do it better at home. Tender veggies, juicy chicken and slurpable egg noodles come together in a snap, with a sweet and savoury teriyaki sauce and an extra punch of flavour coming from the addition of ginger paste. Grab a bowl and eat up!

Pantry items

Olive Oil, Low Sodium Soy Sauce

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
green beans	1 small packet	1 medium packet
carrot	1	2
courgette	1	2
garlic	2 cloves	4 cloves
lemon	½	1
egg noodles	1 packet	2 packets
diced chicken	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
teriyaki sauce	1 medium packet	1 large packet
low sodium soy sauce*	1 tbs	2 tbs
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1384kJ (331cal)	141kJ (34cal)
Protein (g)	37.1g	3.8g
Fat, total (g)	9.5g	1g
- saturated (g)	1.8g	0.2g
Carbohydrate (g)	22.3g	2.3g
- sugars (g)	15.8g	1.6g
Sodium (mg)	906mg	92mg
Dietary Fibre (g)	6.8g	0.7g

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.

1



Get prepped

- Boil the kettle. Meanwhile, trim and halve **green beans**. Thinly slice **carrot** and **courgette** into rounds. Finely chop **garlic**. Slice **lemon** into wedges.
- Half-fill a medium saucepan with boiling water.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.

3



Cook the chicken

- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **diced chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Reduce heat to medium, add **ginger paste** and **garlic** and cook, tossing until fragrant, **1 minute**.
- Add **teriyaki sauce**, the **low sodium soy sauce**, a squeeze of **lemon juice** and a splash of **water** and cook, stirring until slightly thickened, **1 minute**.
- Return **veggies** to the frying pan, then add **noodles** and toss to combine. Season to taste.

TIP: Chicken is cooked through when it's no longer pink inside.

CUSTOM OPTIONS



DOUBLE DICED CHICKEN

Follow method above, cooking in batches if necessary.



SWAP TO PORK LOIN STEAK

Cook until cooked through, 3-4 minutes each side. Rest then slice before serving.

2



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **green beans** and **carrot**, tossing, until tender, **4-5 minutes**.
- Add **courgette** and cook, tossing, until tender, **3-4 minute**. Transfer veggies to a bowl.

4



Serve up

- Divide ginger-teriyaki chicken noodle stir-fry between bowls.
- Tear over **coriander** and serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

