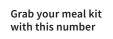


Quick Ginger-Teriyaki Chicken Noodle Stir Fry with Veggies & Coriander

FEEL-GOOD TAKEAWAY











Green Beans



Courgette





Lemon

Egg Noodles





Diced Chicken

Ginger Paste





Teriyaki Sauce

Coriander





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

Eat Me Early





Protein Rich

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

9		
	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	1/2	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.



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.



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.

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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.



Serve up

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

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



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

