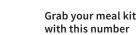


Quick Sweet-Soy Chicken & Broccoli Noodles with Crispy Shallots

NEW

KID FRIENDLY









Egg Noodles







Broccoli Florets



Diced Chicken





Korean Stir-Fry



Crispy Shallots





Prep in: 5-15 mins Ready in: 20-30 mins

Eat Me Early



Calorie Smart



Protein Rich

Chicken and noodles - it's one of those epic comfort-food combos that always goes down a treat. This meal is full of savoury Asian flavours, with sweet soy seasoning on the chicken and Korean stir-fry sauce stirred through the noodles and veggies. Add a sprinkle of crispy shallots for a touch of crunch and dig in!

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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
egg noodles	1 packet	2 packets
courgette	1	2
broccoli florets	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
diced chicken	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
Korean stir-fry sauce	1 medium packet	1 large packet
soy sauce*	½ tbs	1 tbs
brown sugar*	½ tsp	1 tsp
water*	2 tbs	⅓ cup
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2516kJ (601Cal)	498kJ (119Cal)
Protein (g)	47.8g	9.5g
Fat, total (g)	10.7g	2.1g
- saturated (g)	3g	0.6g
Carbohydrate (g)	75.2g	14.9g
- sugars (g)	17.5g	3.5g
Sodium (mg)	2265mg	448mg
Dietary Fibre (g)	12g	2.4g

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.



Cook the egg noodles

- Boil the kettle. 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 & bring it all together

- Return the frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook diced chicken and sweet soy seasoning, tossing, until browned, 5-6 minutes.
- Reduce heat to medium, then and add cooked egg noodles, veggies,
 Korean stir-fry sauce, the soy sauce, brown sugar and water, stirring to combine, 1 minute.
- · Season to taste.



Get prepped & cook the veggies

- Meanwhile, thinly slice courgette into half-moons. Cut any larger broccoli florets in half. Finely chop garlic.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **courgette** and **broccoli florets**, tossing, until tender, **6-7 minutes**.
- Add garlic and cook until fragrant, 1 minute. Transfer to a bowl, season and set aside.

TIP: Add a dash of water to the pan to help speed up the cooking process.



Serve up

- Divide sweet-soy chicken and broccoli noodles between bowls.
- Sprinkle with **crispy shallots** to serve. Enjoy!





