



# Quick Sweet-Soy Chicken & Broccoli Noodles

with Crispy Shallots

NEW

KID FRIENDLY

Grab your meal kit with this number

26



Egg Noodles



Courgette



Broccoli Florets



Garlic



Diced Chicken



Sweet Soy Seasoning



Korean Stir-Fry Sauce



Crispy Shallots



Diced Chicken



Beef Strips

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

Calorie Smart

Protein Rich

Eat Me Early

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
<b>olive oil*</b>	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
<b>soy sauce*</b>	½ tbs	1 tbs
<b>brown sugar*</b>	½ tsp	1 tsp
<b>water*</b>	2 tbs	¼ 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](https://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

2024 | CW46



1



## 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.

3



## 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 add cooked **egg noodles**, **veggies**, **Korean stir-fry sauce**, the **soy sauce**, **brown sugar** and **water**, stirring to combine, **1 minute**.
- Season to taste.

### CUSTOM OPTIONS



#### DOUBLE DICED CHICKEN

Follow method above, cooking in batches if necessary.



#### SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

2



## 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.

4



## Serve up

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

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

