

Honey-Soy Chicken & Flat Noodles

with Roasted Peanuts

Grab your Meal Kit with this symbol



Carrot



Ginger



Garlic



Lemon



Courgette



Chicken Breast



Flat Noodles




Oyster Sauce



Roasted Peanuts

 Hands-on: **20-30 mins**
Ready in: **30-40 mins**

 Eat me early

Forget the sticky, greasy take-away noodle dishes you've tried in the past, and welcome these noodles into your life! It's best enjoyed with chopsticks as the noodles are so morish and saucy you'll want to savour every mouthful.

Pantry items

Olive Oil, Honey, Soy Sauce, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large wok or frying pan

Ingredients

| | 2 People | 4 People |
|---------------------------------|--------------------|---------------------|
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| ginger | 1 knob | 2 knobs |
| garlic | 2 cloves | 4 cloves |
| lemon | ½ | 1 |
| courgette | 1 | 2 |
| chicken breast | 1 packet | 1 packet |
| flat noodles | 1 packet | 2 packets |
| honey* | 1 tsp | 2 tsp |
| soy sauce* (for the chicken) | 1 tbs | 2 tbs |
| soy sauce* (for the sauce) | 1 tbs | 2 tbs |
| oyster sauce | 1 packet (100g) | 2 packets (200g) |
| brown sugar* | 1 tsp | 2 tsp |
| water* | ½ tbs | 1 tbs |
| roasted peanuts | 1 packet | 2 packets |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2593kJ (619Cal) | 413kJ (98Cal) |
| Protein (g) | 50.8g | 8.1g |
| Fat, total (g) | 18.5g | 2.9g |
| - saturated (g) | 3.1g | 0.5g |
| Carbohydrate (g) | 60.3g | 9.6g |
| - sugars (g) | 16.7g | 2.7g |
| Sodium (mg) | 2849mg | 453mg |

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

Bring a medium saucepan of water to the boil. Grate the **carrot** (unpeeled). Finely grate the **ginger** and **garlic**. Zest the **lemon** to get a pinch, then slice into wedges. Cut the **courgette** into 1cm batons (or half-moons if you prefer!). Cut the **chicken breast** into 2cm chunks.



Make the sauce

While the chicken is cooking, combine the **soy sauce (for the sauce)**, **oyster sauce**, **brown sugar** and a generous squeeze of **lemon juice** in a small bowl. Set aside.



Cook the noodles

Cook the **flat noodles** in the boiling water, separating the noodles with a fork, until tender, **4 minutes**. Drain and refresh with cold water.



Stir-fry the veggies

Return the wok or frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, add the **carrot** and **courgette** and stir-fry until tender, **3-4 minutes**. Add the **oyster sauce mixture** and cook, tossing, until tender and well combined, **30 seconds**. Return the **honey-soy chicken** to the pan, then add the cooked **flat noodles** and the **water**. Toss together until heated through.

TIP: Seasoning is key in this dish! Taste and add more lemon juice if you like.



Cook the chicken

In a large wok or frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **chicken**, tossing occasionally, until browned and cooked through, **4-5 minutes**. Add the **ginger**, **garlic** and **lemon zest** and cook, stirring, until fragrant, **1 minute**. Add the **honey** and **soy sauce (for the chicken)** and cook until the chicken is coated, **1 minute**. Transfer to a medium bowl.



Serve up

Divide the honey-soy chicken and flat noodles between plates. Top with the **roasted peanuts**. Serve with any remaining lemon wedges.

Enjoy!