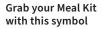


# Honey-Soy Chicken & Flat Noodles with Roasted Peanuts

























Flat Noodles



Roasted Peanuts

**Pantry items** 

Olive Oil, Honey, Soy Sauce, Brown Sugar





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.

## 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

 ${\sf Medium\, saucepan\cdot Large\, wok\, or\, frying\, pan}$ 

## Ingredients

2 People	4 People
refer to method	refer to method
1	2
1 knob	2 knobs
2 cloves	4 cloves
1/2	1
1	2
1 packet	1 packet
1 packet	2 packets
1 tsp	2 tsp
1 tbs	2 tbs
1 tbs	2 tbs
1 packet (100g)	2 packets (200g)
1 tsp	2 tsp
½ tbs	1 tbs
1 packet	2 packets
	refer to method 1 1 knob 2 cloves ½ 1 1 packet 1 packet 1 tbs 1 tbs 1 packet (100g) 1 tsp

<sup>\*</sup>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.



#### 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.



#### 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.



#### 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.



## 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.



# Serve up

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

# Enjoy!