



# Honey-Soy Chicken Noodles

with Veggies & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Baby Broccoli



Carrot



Asian Greens



Boneless Chicken Drumsticks



Udon Noodles



Honey-Soy Sauce



Crispy Shallots

**Keep an eye out...**  
Due to recent sourcing challenges, we've replaced broccoli with baby broccoli, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

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

**1** Eat Me Early

Calorie Smart

Why whip up honey-soy sauce when we've done the hard work for you? And it's the ideal accompaniment to tender boneless chicken drumsticks, stir-fried veggies and udon noodles. Top the whole thing off with moreish crispy shallots and and this will become a household favourite - fast!

**Pantry items**  
Olive Oil, Soy Sauce, Rice Wine Vinegar

## 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 frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
baby broccoli	1 bag	1 bag
carrot	1	2
Asian greens	1 bag	2 bags
boneless chicken drumsticks	1 packet	1 packet
udon noodles	1 packet	2 packets
honey-soy sauce	1 medium packet	1 large packet
water*	¼ cup	½ cup
soy sauce*	drizzle	drizzle
rice wine vinegar*	drizzle	drizzle
crispy shallots	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2591kJ (619Cal)	412kJ (98Cal)
Protein (g)	45.3g	7.2g
Fat, total (g)	11.9g	1.9g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	73g	11.6g
- sugars (g)	29.1g	4.6g
Sodium (mg)	1692mg	269mg

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://www.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, finely chop **garlic**.
- Trim and halve **baby broccoli**. Thinly slice **carrot** into half-moons. Roughly chop **Asian greens**.
- Cut **boneless chicken drumsticks** into 2cm chunks.



## Cook the chicken & veggies

- While the noodles are cooking, heat a large frying pan over a high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing, until browned, **3-4 minutes**.
- Add **baby broccoli** and **carrot** and cook until tender, **4-5 minutes**. Add **Asian greens** and **garlic** and cook until fragrant, **1-2 minutes**.
- Add **honey-soy sauce**, **noodles**, the **water** and a drizzle of **soy sauce** and **rice wine vinegar** to the pan. Stir to combine.



## Cook the noodles

- Half-fill a medium saucepan with boiling water.
- Cook **udon noodles** over a medium-high heat until tender, **3-4 minutes**. In the **last minute** of cook time, gently stir **noodles** with a fork to separate. Drain, rinse and set aside.



## Serve up

- Divide honey-soy chicken noodles between bowls.
- Garnish with **crispy shallots** to serve.

## Enjoy!