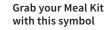


Honey-Soy Chicken Noodles with Veggies & Crispy Shallots













Carrot



Asian Greens



Boneless Chicken



Udon Noodles

Drumsticks



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!

Pantry items

Olive Oil, Soy Sauce, Rice Wine Vinegar

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



Eat Me Early



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!

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

9		
	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*	1/4 cup	½ cup
soy sauce*	drizzle	drizzle
rice wine vinegar*	drizzle	drizzle
crispy shallots	1 packet	1 packet

^{*}Pantry Items

Nutrition	
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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 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 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.



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.



Serve up

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

Enjoy!