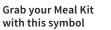


Dinner - Honey-Soy Chicken Stir-Fry & Crispy Shallots + Kids' Dinner - Sticky Chicken & Veggies with Flat Noodles

with this symbol













Carrot







Sweet Soy Seasoning





Honey-Soy





Crispy Shallots

Chilli Flakes (Optional)





Herbs

Diced Chicken







Mixed Sesame Seeds

Flat Noodles

DINNER Prep in: 35-45 mins Ready in: 40-50 mins KIDS' DINNER Ready in: 10 mins

Enjoy one meal, two ways with our + Kids' Dinner range. Cook a delicious dinner for the adults and at the same time create a kid-friendly meal for the kids with a simple twist. Honey-soy chicken is a much loved dinner everyone wants to eat, whether that be with a stir-fry on rice or tossed through flat noodles for the kids.



Olive Oil, Butter

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

Two medium saucepans with a lid· Large frying pan

Ingredients

| 9 | | |
|-------------------------------|-----------------|--------------------------------|
| | 2 People | 4 People |
| olive oil* | refer to method | refer to method |
| butter* | 20g | 40g |
| ginger paste | 1 medium packet | 1 large packet |
| jasmine rice | 1 packet | 1 packet |
| water* | 1¼ cups | 2½ cups |
| carrot | 2 | 3 |
| green beans | 1 bag (200g) | 1 bag (200g) & 1 bag (100g) |
| garlic | 4 cloves | 6 cloves |
| sweet soy seasoning | 2 sachets | 3 sachets |
| diced chicken | 1 large packet | 1 large & 1 small packet |
| honey-soy sauce | 1 large packet | 1 large & 1 medium packet |
| baby spinach leaves | 1 medium bag | 1 medium bag & 1 small bag |
| crispy shallots | 1 packet | 1 packet |
| chilli flakes (optional) 🌶 | pinch | pinch |
| herbs | 1 bag | 1 bag |
| flat noodles | 1 packet | 1 packet |
| mixed sesame seeds | 1 sachet | 1 sachet |

*Pantry Items

Nutrition

| rade relori | | |
|--|-------------------------------|-------------------------------|
| Dinner | | |
| Avg Qty | Per Serving | Per 100g |
| Energy (kJ) | 3300kJ (787Cal) | 681kJ (163Cal) |
| Protein (g) | 43.8g | 9.0g |
| Fat, total (g) | 16.1g | 3.3g |
| - saturated (g) | 8.4g | 1.7g |
| Carbohydrate (g) | 112g | 23.1g |
| - sugars (g) | 41.4g | 8.6g |
| Sodium (g) | 2720mg | 562mg |
| Kids Dinner | | |
| Avg Qty | Per Serving | Per 100g |
| Energy (kJ) | 22701.1/7000-1 | 668kJ (160Cal) |
| Lifeigy (KJ) | 3270kJ (780Cal) | books (Ibucai) |
| Protein (g) | 48.3g | 9.9g |
| | | |
| Protein (g) | 48.3g | 9.9g |
| Protein (g) Fat, total (g) | 48.3g 7.8g | 9.9g 1.6g |
| Protein (g) Fat, total (g) - saturated (g) | 48.3g 7.8g 1.3g | 9.9g 1.6g 0.3g |
| Protein (g) Fat, total (g) - saturated (g) Carbohydrate (g) | 48.3g 7.8g 1.3g 122g | 9.9g 1.6g 0.3g 24.9g |

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.

We're here to help!

Scan here if you have any questions or concerns





Cook the rice

- In a medium saucepan, heat the butter with a dash of olive oil over medium heat. Cook ginger paste until fragrant, 1-2 minutes.
- Add jasmine rice, the water and a generous pinch of salt, stir, and bring to the boil. Reduce heat to low and cover with a lid.
- Cook for 12 minutes, then remove from heat and keep covered until rice is tender and water is absorbed, 10-15 minutes.

Little cooks: Kids can help out with measuring the water for the rice.



Get prepped

- Meanwhile, thinly slice carrot into half-moons.
- Trim green beans and slice into thirds.
- Finely chop garlic.



Cook the chicken

- In a medium bowl, combine sweet soy seasoning and a drizzle of olive oil. Add diced chicken and toss to combine.
- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.
- · Transfer to a bowl.

Little cooks: Kids can take charge by combining the seasoning and olive oil!



Cook the veggies

- Return the frying pan to medium-high heat with a drizzle of olive oil. Cook carrot and green beans until tender, 4-5 minutes.
- Add garlic and cook until fragrant, 1 minute.
 Remove from heat, then add honey-soy sauce,
 baby spinach leaves and chicken. Toss to combine.



Serve adults' dinner

- Reserve two portions of chicken and veggies with stir-fry sauce for the kids' dinner.
- Divide ginger rice between bowls. Top with remaining honey-soy chicken stir-fry.
- Garnish with crispy shallots and chilli flakes (if using). Tear over herbs to serve.

Little cooks: Kids can help tear over the herbs.



Serve up

- When you're ready to make the kids' dinner, boil the kettle. Half-fill a medium saucepan with boiling water. Cook flat noodles over mediumhigh heat until tender, 3-4 minutes. In the last minute, gently stir with a fork to separate. Drain, rinse and return to saucepan.
- Divide reserved honey-soy chicken, veggies and noodles between two microwave-safe containers. Stir to combine. Season to taste.
- When serving, add a splash of water to noodles and microwave in 30 second bursts, until heated through.
- Sprinkle with mixed sesame seeds to serve.
 Enjoy!

