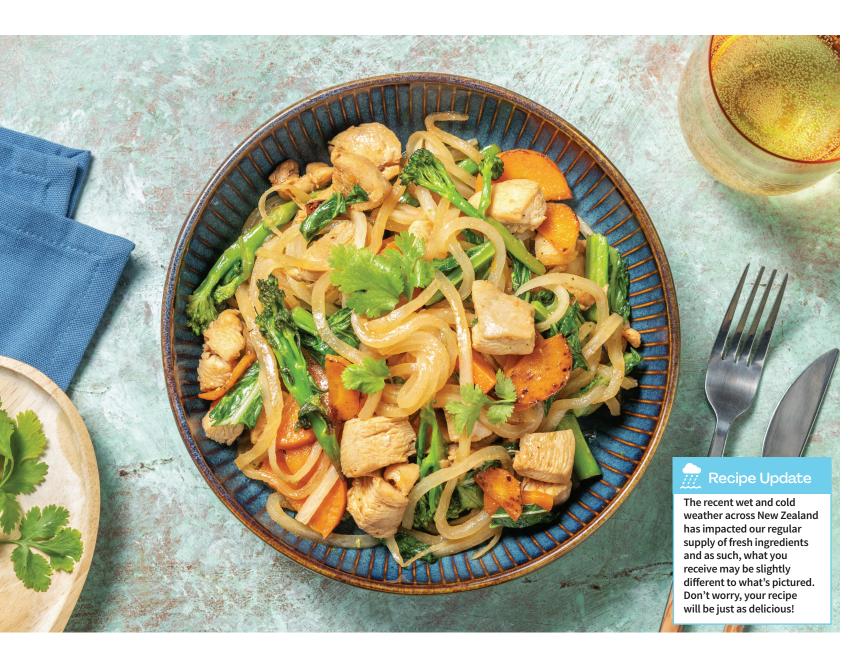


Chicken & Daikon Noodle Stir-Fry

with Asian Veggies & Herbs

Grab your Meal Kit with this symbol











Baby Corn



Sweet Soy

Spears





Garlic Paste







Diced Chicken

Herbs



Daikon Noodles

Pantry items Olive Oil

Prep in: 20-30 mins Ready in: 30-40 mins

Carb Smart



We hope you've been practising your slurping because these daikon noodles will be gobbled up in no time. Swaddled in them are a variety of pan-fried veggies to go with a Korean sauced chicken. The noodles will hook everything together and you get to enjoy it, slurp-slurp!

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

Large frying pan

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
Asian greens	1 bunch	2 bunches
carrot	1	2
baby corn spears	½ tin	1 tin
sweet soy seasoning	1 sachet	2 sachets
diced chicken	1 packet	1 packet
daikon noodles	1 medium packet	1 large packet
garlic paste	1 packet	1 packet
Korean stir-fry sauce	1 medium packet	1 large packet
herbs	1 bag	1 bag

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1449kJ (346Cal)	258kJ (62Cal)
Protein (g)	39.6g	7.1g
Fat, total (g)	3.7g	0.7g
- saturated (g)	0.8g	0.1g
Carbohydrate (g)	37.4g	6.7g
- sugars (g)	22.2g	4g
Sodium (mg)	1878mg	334mg
Dietary Fibre (g)	12.3g	2.2g

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

 Roughly chop Asian greens. Thinly slice carrot into half-moons. Drain baby corn spears (see ingredients).



Flavour the chicken

 In a medium bowl, combine sweet soy seasoning and a drizzle of olive oil. Add diced chicken and toss to coat.



Cook the daikon noodles

 Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook daikon noodles and garlic paste, stirring, until tender and fragrant, 2-3 minutes. Transfer to a large bowl.

TIP: Cover the pan with a lid if the garlic paste starts to spatter!



Cook the veggies

- Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
 Cook carrot and baby corn spears until tender,
 5-6 minutes.
- Add Asian greens and cook until wilted,
 1-2 minutes. Transfer to bowl with the daikon noodles.



Bring it all together

- Return the frying pan to medium-high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.
- Add Korean stir-fry sauce, remove from heat, then toss to coat.
- Add veggies and daikon noodles to the pan and toss to combine.

TIP: The chicken is cooked through when it's no longer pink inside.



Serve up

- Divide chicken and daikon noodle stir-fry between bowls.
- Tear over **herbs** to serve. Enjoy!

