

Chicken & Daikon Noodle Stir-Fry

with Asian Veggies & Herbs

Grab your Meal Kit with this symbol



Asian Greens



Carrot



Baby Corn Spears



Sweet Soy Seasoning



Garlic Paste



Korean Stir-Fry Sauce



Herbs



Diced Chicken





Daikon Noodles

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

 Eat Me Early

 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!

Pantry items

Olive Oil

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

	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!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW39

Rate your recipe

We need your expertise!

Let our Culinary team know: hellofresh.co.nz/rate