



Quick Teriyaki Chicken Noodles

with Asian Greens & Peanuts

Grab your Meal Kit with this symbol



Carrot



Green Beans



Red Onion



Asian Greens



Flat Noodles



Diced Chicken



Ginger Lemongrass Paste



Teriyaki Sauce



Crushed Peanuts

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

Eat Me Early

Packed full of protein, this Asian chicken and noodle dish is the perfect energy boost you need to hit the gym, football field or swimming pool. With the addition of aromatic ginger lemongrass paste and crunchy peanuts, you're in for a quickly cooked taste sensation that'll have you running for more.

Pantry items

Olive Oil, Soy Sauce, Brown Sugar (or Honey), 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
red onion	1 (medium)	1 (large)
Asian greens	1 packet	1 packet
soy sauce*	drizzle	drizzle
flat noodles	1 packet	2 packets
diced chicken	1 packet	1 packet
ginger		
lemongrass paste	1 packet	1 packet
teriyaki sauce	1 packet (130g)	2 packets (260g)
brown sugar* (or honey)	½ tbs	1 tbs
rice wine vinegar*	1 tbs	2 tbs
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2910kJ (696Cal)	433kJ (103Cal)
Protein (g)	48.8g	7.3g
Fat, total (g)	22.6g	3.4g
- saturated (g)	3.6g	0.5g
Carbohydrate (g)	71.6g	10.6g
- sugars (g)	22.8g	3.4g
Sodium (mg)	1748mg	260mg

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.

1



Cook the veggies

- Boil the kettle. Thinly slice **carrot** into rounds. Trim and halve **green beans**. Roughly chop **red onion** and **Asian greens**.
- Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook **carrot, green beans** and **onion** with a splash of **water**, tossing, until tender, **4-6 minutes**.
- Add **Asian greens** and a drizzle of **soy sauce** and cook, tossing, until wilted, **1 minute**. Transfer to a bowl.

3



Cook the chicken

- Return frying pan to a medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **diced chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Add **ginger lemongrass paste** and cook, tossing, until fragrant, **1 minute**.
- Return **veggies** to pan, then add **noodles, teriyaki sauce, brown sugar, rice wine vinegar** and a splash of **water**. Toss to combine and cook until slightly reduced, **1 minute**.

2



Cook the noodles

- While veggies are cooking, place **flat noodles** in a medium bowl. Add enough boiling water to cover noodles, then set aside until tender, **2-3 minutes**.
- Stir with a fork to separate. Drain.

4



Serve up

- Divide teriyaki chicken noodles with Asian greens between bowls.
- Top with **crushed peanuts**.

Enjoy!