



Everything  
But The Chef

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## Chicken & Hokkien Noodle Stir Fry

Use your noodle and choose noodles! This sumptuous stir fry is a veritable greatest hits of delicious flavours and fresh crispy veggies. We're so excited to bring you Thai chilli jam – the perfect balance of spicy and tasty. After this, we reckon you'll be losing your local takeaway's number and cooking this all the time!

**Pantry Items:** Vegetable Oil, Soy Sauce

- Prep:** 10 mins
- Cook:** 10 mins
- Total:** 20 mins
- level 1**
- high protein**
- lactose free**
- eat me early**
- spicy**



Chicken Thighs



Fresh Hokkien Noodles



Carrot



Red Capsicum



Spring Onions



Garlic



Thai Chilli Jam



Lemon



Basil

2P	4P	Ingredients
1 tsp	2 tsp	vegetable oil *
2-3	4-6	chicken thighs, trimmed & cut into 2 cm thick slices <b>A</b>
⅔ packet	1 ½ packets	fresh hokkien noodles
1	2	carrot, peeled & sliced on the diagonal <b>B</b>
½	1	red capsicum, cut into strips <b>⊕</b>
1 bunch	2 bunches	spring onions, sliced on the diagonal
1 clove	2 cloves	garlic, peeled & crushed <b>⊕</b>
2 tbs	4 tbs	Thai chilli jam
2 tbs	3 tbs	soy sauce *
½	1	lemon, juiced <b>⊕</b>
1 bunch	2 bunches	basil, leaves picked

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	2380	Kj
Protein	40.8	g
Fat, total	18.6	g
-saturated	4.3	g
Carbohydrate	54.7	g
-sugars	10.8	g
Sodium	815	mg

#### Measuretool

0 cm	1 cm	2 cm

**Disclaimer:** Chicken thighs vary in size, you may be supplied with a greater amount than specified. Please use the supplied amount, for this recipe.



**You will need:** chef's knife, chopping board, vegetable peeler, garlic crusher, kettle, large wok or frying pan, spatula, heatproof bowl, plate and a small bowl.

**1** Bring a kettle full of water to the boil.

**2** Heat the **vegetable oil** in a large wok or frying pan over a medium-high heat. Add the chopped **chicken thighs** and stir fry for **2-3 minutes** or until golden and cooked through. Remove the chicken from the pan and place on a plate (leave any oil in the pan behind to cook the veggies in step 3).

**3** Place the **hokkien noodles** in a heatproof bowl, pour over boiling water and allow to soak for **1 minute**. Drain.

**4** In a small bowl, combine the **Thai chilli jam** and **soy sauce** with a splash of water.

**5** Place the same wok over a medium-high heat. Add the **carrot, capsicum, spring onion** and **garlic** and stir fry for **1 minute**. Add the chilli jam mixture to the wok with the hokkien noodles and chicken. Stir fry for **1-2 minutes** or until heated through and well combined. Add the **lemon juice** and then remove from the heat and stir through the **basil leaves**.

**6** Divide the stir fry between serving bowls.



**Did you know?** The noodle is a symbol of long life in Chinese culture, and is traditionally served for birthdays and new year celebrations to represent longevity.