



Easy Indonesian Chicken & Vermicelli Noodles

with Mixed Veggies

NEW

Grab your Meal Kit with this symbol



Carrot & Zucchini Mix



Vermicelli Noodles



Long Chilli (Optional)



Chicken Tenderloins



Southeast Asian Seasoning



Kecap Manis



Oyster Sauce



Baby Spinach Leaves



Beef Strips

Prep in: 15-25 mins
Ready in: 15-25 mins

Calorie Smart

Eat Me Early

We can't work out what we like best in this dish. It could easily be the angel hair vermicelli noodles or the kecap manis-laced chicken and veggies. You decide!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot & zucchini mix	1 medium bag	1 large bag
vermicelli noodles	1 medium packet	2 medium packets
long chilli  (optional)	½	1
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
Southeast Asian seasoning	1 medium sachet	1 large sachet
kecap manis	1 packet	2 packets
oyster sauce	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	½ tsp	1 tsp
baby spinach leaves	1 small bag	1 medium bag
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2563kJ (613Cal)	531kJ (127Cal)
Protein (g)	44.6g	9.2g
Fat, total (g)	3.3g	0.7g
- saturated (g)	1.1g	0.2g
Carbohydrate (g)	98.5g	20.4g
- sugars (g)	83.4g	17.3g
Sodium (mg)	2845mg	590mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2631kJ (629Cal)	595kJ (142Cal)
Protein (g)	37.5g	8.5g
Fat, total (g)	8.4g	1.9g
- saturated (g)	3.6g	0.8g
Carbohydrate (g)	98.6g	22.3g
- sugars (g)	83.4g	18.9g
Sodium (mg)	2845mg	643mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



1



Cook the veggies & the noodles

- Boil the kettle. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot & zucchini mix**, tossing, until tender, **4-5 minutes**. Transfer to a bowl, season and set aside.
- Meanwhile, place **vermicelli noodles** in a medium heatproof bowl.
- Add enough boiling water to cover noodles. Cover and set aside until tender, **3-4 minutes**. Drain.

3



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken**, tossing, until browned and cooked through (when no longer pink inside), **5-6 minutes**.
- Stir in **kecap manis mixture** and **veggies**, cook until combined, **1 minute**.
- Remove from heat and add **vermicelli noodles** and **baby spinach leaves**, tossing to combine. Season to taste.

Custom Recipe: Return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook beef strips, tossing, in batches until browned and cooked through, 1-2 minutes. Return all beef to pan before adding the sauce.

2



Get prepped

- Thinly slice **long chilli** (if using).
- Cut **chicken tenderloins** into 2cm chunks.
- In a medium bowl, combine **Southeast Asian seasoning**, **chicken**, a drizzle of **olive oil** and a pinch of **pepper**.
- In a small bowl, combine **kecap manis**, **oyster sauce**, the **vinegar** and a splash of **water**.

Custom Recipe: If you've swapped to beef strips, combine beef with seasoning in a medium bowl, as above.

4



Serve up

- Divide Indonesian chicken and vermicelli noodles between bowls.
- Top with **chilli** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate