



Quick Singaporean Chicken Noodle Stir-Fry

with Garlic Veggies & Sriracha Dressing

TAKEAWAY FAVES

NEW

Grab your Meal Kit with this symbol



Egg Noodles



Asian Greens



Carrot



Lemon



Slow-Cooked Chicken Breast



Satay Seasoning



Kecap Manis



Soy Sauce Mix



Garlic Paste



Sriracha



Peeled Prawns

Prep in: 15-25 mins
Ready in: 25-35 mins

Eat Me First

These springy egg noodles coated in a zingy and sweet syrupy sauce and packed with veggies and slow-cooked chicken will transport your senses! Even add drizzle of sriracha for a spike of heat.

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

Pantry items

Olive Oil

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
egg noodles	1 packet	2 packets
Asian greens	1 medium packet	2 medium packets
carrot	1	2
lemon	½	1
slow-cooked chicken breast	1 medium packet	2 medium packets OR 1 large packet
satay seasoning	1 medium sachet	2 medium sachets
kecap manis	1 medium packet	2 medium packets
soy sauce mix	1 medium packet	2 medium packets
water*	¼ cup	½ cup
garlic paste	1 medium packet	2 medium packets
sriracha	1 packet	2 packets
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2727kJ (652Cal)	635kJ (152Cal)
Protein (g)	33.3g	7.8g
Fat, total (g)	10.2g	2.4g
- saturated (g)	2g	0.5g
Carbohydrate (g)	102g	23.7g
- sugars (g)	36.8g	8.6g
Sodium (mg)	2912mg	678mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2447kJ (585Cal)	576kJ (138Cal)
Protein (g)	23.9g	5.6g
Fat, total (g)	8g	1.9g
- saturated (g)	1.5g	0.4g
Carbohydrate (g)	100.6g	23.7g
- sugars (g)	37.8g	8.9g
Sodium (mg)	3237mg	763mg

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 egg noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.

3



Finish the stir-fry

- Reduce heat to medium, then stir in **kecap manis mixture** and simmer until bubbling, **1 minute**.
- Add **shredded chicken** and **cooked noodles**, tossing to combine, **1 minute**. Add a generous squeeze of **lemon juice** and season to taste.

Custom Recipe: Return cooked prawns to pan and add cooked noodles, continue with step as above.

2



Get prepped & start the stir-fry

- Meanwhile, roughly chop **Asian greens**. Thinly slice **carrot** into sticks. Cut **lemon** into wedges. Drain **slow-cooked chicken breast**. Transfer to a large bowl, then roughly shred.
- In a medium bowl, combine **satay seasoning**, **kecap manis**, **soy sauce mix** and the **water**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, tossing, until tender, **4-5 minutes**. Add **Asian greens** and **garlic paste** and cook, tossing, until slightly wilted, **1-2 minutes**.

Custom Recipe: If you've upgraded to peeled prawns, before cooking the veggies, cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Transfer to a bowl. Continue as above.

4



Serve up

- Divide Singaporean chicken noodle stir-fry between bowls.
- **SPICY!** Use less sriracha if you're sensitive to heat! Add a generous squeeze of lemon juice. Drizzle with **sriracha**.
- Serve with any remaining lemon wedges. Enjoy!

Custom Recipe: Divide Singaporean prawn noodle stir-fry between bowls.

Rate your recipe

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