



Lemongrass Plant-Based Chick'n & Noodles

with Mixed Veggies & Crispy Shallots

ALTERNATIVE PROTEIN

NEW

Grab your meal kit with this number

10



Udon Noodles



Carrot



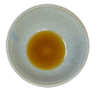
Zucchini



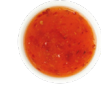
Baby Broccoli



Umami Paste



Plant-Based Fish Sauce



Sweet Chilli Sauce



Plant-Based Chicken Strips



Ginger Lemongrass Paste



Baby Spinach Leaves



Crispy Shallots



Plant-Based Chicken Strips



Peeled Prawns

Prep in: 15-25 mins
Ready in: 20-30 mins

Calorie Smart

Plant Based

Bring the night noodle markets straight into your kitchen by whipping up this super easy and super tasty Thai fusion dinner. You'll be glad you stayed in because this meal is a delight with every bite.

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
udon noodles	1 packet	2 packets
carrot	1	2
zucchini	1	2
baby broccoli	1 bunch	2 bunches
umami paste	1 medium packet	2 medium packets
plant-based fish sauce	1 packet	2 packets
sweet chilli sauce	1 small packet	1 medium packet
water*	½ cup	¾ cup
plant-based chicken strips	1 packet	2 packets
ginger lemongrass paste	1 packet	2 packets
baby spinach leaves	1 small packet	1 medium packet
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2674kJ (639Cal)	447kJ (107Cal)
Protein (g)	46.5g	7.8g
Fat, total (g)	23.9g	4g
- saturated (g)	4.8g	0.8g
Carbohydrate (g)	62.5g	10.5g
- sugars (g)	19g	3.2g
Sodium (mg)	2786mg	466mg
Dietary Fibre (g)	18.7g	3.1g

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.



Cook the udon noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **udon noodles** over medium-high heat until tender, **3-4 minutes**.
- In the **last minute** of cook time, gently stir **noodles** with a fork to separate.
- Drain, rinse and set aside.



Bring it all together

- Wipe out frying pan and return to high heat with a drizzle of **olive oil**. Cook **baby broccoli, carrot** and **zucchini**, tossing, until tender, **4-5 minutes**.
- Reduce heat to medium, then add **ginger lemongrass paste** and cook until fragrant, **1 minute**.
- Stir in cooked **noodles, baby spinach leaves** and **plant-based chicken strips**, tossing, until well combined, **1 minute**. Season to taste.



Get prepped & cook the chick'n

- Meanwhile, thinly slice **carrot** and **zucchini** into half-moons.
- Trim **baby broccoli** and cut into thirds.
- In a small bowl, combine **umami paste, plant-based fish sauce, sweet chilli sauce** and the **water**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **plant-based chicken strips**, tossing, until browned, **4-5 minutes**. Transfer to a bowl.



Serve up

- Divide lemongrass plant-based chick'n and noodles between bowls.
- Sprinkle over **crispy shallots** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW28



CUSTOM OPTIONS

+ **DOUBLE PLANT-BASED CHICKEN STRIPS**
Follow method above, cooking in batches if necessary.

↻ **SWAP TO PEELED PRAWNS**
Cook, tossing, until pink and starting to curl up, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

