



CHINESE CHICKEN & VEGGIE NOODLES

with Sesame Fried Eggs



Make sesame fried eggs!



Carrot



Zucchini



Green Beans



Garlic



Kaffir Lime Leaves



Lemon



Chicken Thigh



Ramen Noodles



Oyster Sauce



Sesame Oil Blend



Mixed Sesame Seeds

Hands-on: **35 mins**
Ready in: **40 mins**

Eat me early

Put your table manners on hold for tonight – these saucy noodles deserve to be slurped! With tender chicken, a medley of veggies and fried eggs with crunchy sesame seeds, this bright bowl is perfectly satisfying on a hectic weeknight.

Pantry Staples: Olive Oil, Soy Sauce, Honey, Eggs (Optional)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large saucepan** • **large frying pan**



1 GET PREPPED

Bring a large saucepan of water to the boil. Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **zucchini** into 2cm chunks. Trim the **green beans** and slice into thirds. Finely chop the **garlic** (or use a garlic press). Remove the centre veins from the **kaffir lime leaves**, then finely chop. **TIP:** *Kaffir lime leaves are fibrous so chop them finely.* Zest the **lemon** to get a **pinch**, then slice into wedges. Cut the **chicken thigh** into 2cm chunks.



2 COOK THE NOODLES

Add the **ramen noodles** to the saucepan of boiling water and cook until tender, **4 minutes**. Drain and refresh under cold water. In a small bowl, add the **oyster sauce, warm water, sesame oil blend, soy sauce** and **honey**. Stir until well combined.



3 COOK THE VEGGIES

Heat a large frying pan over a medium-high heat with a **drizzle of olive oil**. Add the **carrot, zucchini, green beans**, then a **splash of water** and cook until slightly softened, **4-5 minutes**. Add the **garlic** and **kaffir lime leaves** and cook until fragrant, **1-2 minutes**. Transfer to a bowl.



4 COOK THE CHICKEN

Return the frying pan to a high heat with a **drizzle of olive oil**. When the oil is hot, add **1/2** the **chicken** and cook, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a medium bowl and repeat with the **remaining chicken**. Remove from the heat and return the **chicken** to the pan. Add the **noodles, veggies** and **sauce mixture** and toss together until heated through. Stir through a **good squeeze** of **lemon juice** and the **lemon zest**.



5 COOK THE SESAME EGGS

Divide the chicken noodle stir-fry between bowls and cover to keep warm. Wash the pan and return to a medium-high heat with a **drizzle of olive oil**. Add the **mixed sesame seeds** and crack the **eggs** on top. Cook until the egg whites are cooked and the yolks are just firm, **4-5 minutes**.



6 SERVE UP

Top the Chinese chicken and veggie noodles with the sesame fried eggs. Sprinkle over any sesame seeds remaining in the pan. Serve with the remaining lemon wedges.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
carrot	1
zucchini	1
green beans	1 bag (200g)
garlic	2 cloves
kaffir lime leaves	2 leaves
lemon	1
chicken thigh	1 packet
ramen noodles	1 packet
oyster sauce	1 packet (100g)
warm water*	2 tbs
sesame oil blend	1 tub
soy sauce*	1½ tbs
honey*	1 tbs
mixed sesame seeds	1 sachet
eggs* (optional)	4

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2340kJ (560Cal)	465kJ (111Cal)
Protein (g)	47.6g	9.5g
Fat, total (g)	25.0g	5.0g
- saturated (g)	6.3g	1.3g
Carbohydrate (g)	33.6g	6.7g
- sugars (g)	13.8g	2.7g
Sodium (g)	1950mg	387mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2019 | WK49

