

CHINESE CHICKEN & VEGGIE NOODLES

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.

with Sesame Fried Eggs





Make sesame fried eggs!









Green Beans



Kaffir Lime Leaves



Lemon



Chicken Thigh



Ramen Noodles



Oyster Sauce



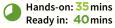
Sesame Oil



Mixed Sesame

Seeds

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





Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

· large saucepan · large frying pan



¶ GET PREPPED

Bring a large saucepan of water to the boil. Thinly slice the **carrot** (unpeeled) into halfmoons. 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.



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.



TOOK THE VEGGIES

Heat a large frying pan over a mediumhigh 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.



▲ 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.



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.



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	
	7	
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**

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

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