



Chinese Sichuan Chicken & Noodle Stir-fry

with Roasted Peanuts

Grab your Meal Kit
with this symbol



Zucchini



Carrot



Asian Greens



Coriander



Ginger



Chicken Thigh



Udon Noodles



Sichuan Garlic Paste



Roasted Peanuts



Hands-on: **25-35** mins
Ready in: **25-35** mins



Eat me early

With a sensational combination of textures and sweet and spicy Asian flavours, including our signature Sichuan garlic paste, you won't believe you made this yourself – and in roughly half an hour too!

Pantry items

Olive Oil, Soy Sauce, Sesame Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan or wok

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
carrot	1	2
Asian greens	1 bunch	2 bunches
coriander	1 bag	1 bag
ginger	1 knob	2 knobs
chicken thigh	1 packet	1 packet
udon noodles	1 packet	2 packets
soy sauce*	1½ tbs	3 tbs
Sichuan garlic paste	1 tub	2 tubs
sesame oil*	1 tsp	2 tsp
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2930kJ (700Cal)	487kJ (116Cal)
Protein (g)	49.3g	8.2g
Fat, total (g)	28.5g	4.7g
- saturated (g)	5.4g	0.9g
Carbohydrate (g)	54.1g	9.0g
- sugars (g)	17.1g	2.9g
Sodium (g)	1640mg	272mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Bring a medium saucepan of water to the boil. Cut the **zucchini** into 1cm chunks. Thinly slice the **carrot** (unpeeled) into half moons. Roughly chop the **Asian greens**. Roughly chop the **coriander**. Finely grate the **ginger**. Chop the **chicken thigh** into 2cm chunks.



2. Cook the noodles

Add the **udon noodles** to the saucepan of boiling water and cook until just tender, **2-3 minutes**. Drain and refresh under cold water.



3. Make the sauce

While the noodles are cooking, combine the **soy sauce**, **Sichuan garlic paste** and **sesame oil** in a small bowl and set aside.



4. Cook the chicken

In a large frying pan or wok, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **chicken** and cook, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a bowl. Cover and set aside.

TIP: Chicken is cooked through when it's no longer pink inside.



5. Stir-fry the veggies

Return the wok or frying pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **zucchini** and **carrot** and cook until softened, **3-4 minutes**. Add the **Asian greens** and **ginger** and cook until slightly wilted and fragrant, **1-2 minutes**. Add the **noodles**, **chicken** and the **Sichuan sauce**, and toss to coat.



6. Serve up

Divide the Chinese Sichuan chicken and noodle stir-fry between bowls and top with the coriander and **roasted peanuts**.

Enjoy!