



# Honey-Soy Chicken & Flat Noodles

with Roasted Peanuts

Grab your Meal Kit  
with this symbol



Carrot



Ginger



Garlic



Lime



Zucchini



Chicken Breast



Flat Noodles



Kecap Manis



Roasted Peanuts



Hands-on: **30** mins  
Ready in: **55** mins



Eat me early

Forget the sticky, greasy take-away noodle dishes you've tried in the past, and welcome these noodles into your life! It's best enjoyed with chopsticks as the noodles are so morish and saucy that you won't be able to resist.

## Pantry item

Olive Oil, Honey, Soy Sauce



## 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 wok or frying pan

### Ingredients

	4 People
olive oil*	refer to method
carrot	2
ginger	2 knobs
garlic	4 cloves
lime	1
zucchini	2
chicken breast	1 large packet
flat noodles	2 packets
honey*	2 tsp
soy sauce* (for the chicken)	2 tbs
soy sauce* (for the sauce)	2 tbs
kecap manis	2 sachets (150g)
water*	1 tbs
roasted peanuts	2 packets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2950kJ (705Cal)	514kJ (123Cal)
Protein (g)	51.3g	9.0g
Fat, total (g)	21.1g	3.7g
- saturated (g)	4.9g	0.9g
Carbohydrate (g)	73.5g	12.8g
- sugars (g)	29.0g	5.1g
Sodium (g)	1740mg	303mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://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. Grate the **carrot** (unpeeled). Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Zest the **lime** to get a **generous pinch**, then cut into wedges. Slice the **zucchini** into 1cm batons (or half-moons if you'd prefer). Cut the **chicken breast** into 2cm chunks.



### 2. Cook the noodles

Add the **flat noodles** to the saucepan of boiling water. Cook until tender, **2-3 minutes**. Drain and refresh with cold water.



### 3. Cook the chicken

In a large wok or frying pan, 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, **4-5 minutes**. Add the **ginger**, **garlic** and **lime zest** and cook, stirring, until fragrant, **1 minute**. Add the **honey** and **soy sauce (for the chicken)** and cook until the chicken is coated, **1 minute**. Transfer to a medium bowl.



### 4. Make the sauce

In a small bowl, combine the **soy sauce (for the sauce)**, **kecap manis** and a **generous squeeze** of **lime juice**. Set aside.



### 5. Stir-fry the veggies

Return the wok or frying pan to a high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **carrot** and **zucchini** and stir-fry until tender, **3-4 minutes**. Add the **sauce mixture** and cook, tossing, until tender and well combined, **30 seconds**. Add the **honey-soy chicken**, **noodles** and the **water**. Toss together until heated through.



### 6. Serve up

Divide the honey-soy chicken and flat noodles between bowls. Top with the **roasted peanuts**. Squeeze lime juice over each portion and serve with remaining lime wedges.

### Enjoy!

**TIP:** Seasoning is key in this dish! Taste and add more lime juice if you like.