

# Sweet & Sour Chicken

with Egg Noodle Stir-Fry, Cashews & Coriander

TASTE TOURS




**Recipe Update**  
 Due to recent sourcing challenges, we've swapped baby corn for sweetcorn, which may look different to the picture. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Grab your Meal Kit with this symbol



-  Pineapple Slices
-  Sweetcorn
-  Pea Pods
-  Brown Onion
-  Capsicum
-  Carrot
-  Garlic
-  Long Chilli (Optional)
-  Cornflour
-  Chicken-Style Stock Powder
-  Egg Noodles
-  Oyster Sauce
-  Sweet Chilli Sauce
-  Roasted Cashews
-  Coriander
-  Chicken Thigh
-  Sweet & Sour Sauce
-  Ginger Paste

Prep in: 30-40 mins  
 Ready in: 35-45 mins

 Eat Me Early

You could duck out for some sweet and sour chicken and Chinese noodles... or you could stay in and whip up the whole shebang from the comfort of your kitchen, in around 40 minutes. Boasting the perfect balance of sweet and sour, plus savoury, salty and umami-rich flavours, you'll be taking your tastebuds on a holiday with this moreish dish.

**Pantry items**

Olive Oil, Soy Sauce, Brown Sugar

## 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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
pineapple slices	1 tin	2 tins
sweetcorn	½ large tin	1 large tin
pea pods	1 small bag	1 medium bag
brown onion	1	2
capsicum	1	2
carrot	1	2
garlic	3 cloves	6 cloves
long chilli  (optional)	½	1
chicken thigh	1 small packet	1 large packet
cornflour	1 medium sachet	2 medium sachets
chicken-style stock powder	1 medium sachet	1 large sachet
sweet & sour sauce	1 medium packet	2 medium packets
<b>soy sauce*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
egg noodles	1 medium packet	2 medium packets
ginger paste	1 medium packet	1 large packet
oyster sauce	1 packet (100g)	2 packets (200g)
sweet chilli sauce	1 medium packet	2 large packets
roasted cashews	1 medium packet	1 large packet
coriander	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3958kJ (946Cal)	421kJ (101Cal)
Protein (g)	48.5g	5.2g
Fat, total (g)	18.4g	2g
- saturated (g)	4g	0.4g
Carbohydrate (g)	143.4g	15.3g
- sugars (g)	65.3g	6.9g
Sodium (mg)	5192mg	552mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

- Boil the kettle. Drain **pineapple slices** and **sweetcorn** (see ingredients). Trim **pea pods**.
- Roughly chop **pineapple**, **pea pods**, **brown onion** and **capsicum**. Thinly slice **carrot** into half-moons. Finely chop **garlic**. Thinly slice **long chilli** (if using). Set aside.
- Cut **chicken thigh** into 2cm chunks. In a medium bowl, combine **cornflour**, **chicken-style stock powder** and a pinch of **pepper**. Add **chicken**, tossing to coat.
- In a small bowl, combine **sweet & sour sauce**, the **soy sauce**, the **brown sugar** and a splash of **water**.



## Add the sauce

- Wipe out frying pan, then return to high heat with a drizzle of **olive oil**.
- Cook **onion**, **capsicum** and **pineapple**, tossing, until tender, **4-5 minutes**.
- Add **ginger paste** and 1/2 the **garlic**. Cook until fragrant, **1 minute**.
- Stir in the **sweet & sour sauce mixture**. Return **chicken** to pan and cook, tossing, until coated and heated through, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl, then cover to keep warm.



## Cook the egg noodles

- Half-fill a medium saucepan with the boiled water, then heat over medium-high heat.
- Cook **egg noodles**, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain and rinse **noodles**, then set aside.



## Cook the veggies

- Wipe out frying pan again, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **corn**, **carrot** and **pea pods**, tossing, until tender, **3-4 minutes**.
- Stir in the **oyster sauce**, **sweet chilli sauce** and remaining **garlic**. Cook until fragrant, **1 minute**.
- Add the cooked **noodles** and a splash of **water**, and cook, tossing, until combined, **1 minute**.



## Cook the chicken

- While the noodles are cooking, heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, shake excess cornflour off **chicken**, then cook **chicken**, tossing, until browned and cooked through, **5-6 minutes**.
- Transfer **chicken** to a bowl.

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



## Serve up

- Divide egg noodle stir-fry between bowls. Top with sweet and sour chicken.
- Sprinkle with chilli and **roasted cashews**.
- Tear over **coriander** leaves to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)