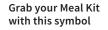


Sweet & Sour Chicken

with Udon Noodle Stir-Fry, Cashews & Coriander

TASTE TOURS







Pineapple Slices



Pea Pods







Chicken Thigh



Chicken-Style Stock Powder



Udon Noodles





Baby Corn Spears



Brown Onion



Cornflour







Ginger Paste



Oyster Sauce

Roasted Cashews





Coriander

Pantry items

Olive Oil, Soy Sauce, Brown Sugar



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



You could leave the house and duck out for some sweet and sour chicken and Chinese noodles... or you could stay cosy 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.

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
pineapple slices	1 tin	2 tins
baby corn spears	½ tin	1 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)	1/2	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
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
udon noodles	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
oyster sauce	1 packet (100g)	2 packets (200g)
sweet chilli sauce	1 medium packet	2 medium 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)	3959kJ (946Cal)	421kJ (101Cal)
Protein (g)	48.2g	5.1g
Fat, total (g)	18.5g	2g
- saturated (g)	4g	0.4g
Carbohydrate (g)	143.5g	15.3g
- sugars (g)	65.5g	7g
Sodium (mg)	5193mg	553mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Boil the kettle. Drain pineapple slices and baby corn spears (see ingredients).
- 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.



Cook the udon noodles

- Half-fill a medium saucepan with the boiled water, then heat over medium-high heat.
- Cook udon noodles, stirring occasionally with a fork to separate, until tender, 3-4 minutes.
- Drain and rinse **noodles**, then set aside.



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.



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 veggies

- Wipe out frying pan again, then return to medium-high heat with a drizzle of olive oil.
- Cook baby corn spears, carrot and pea pods, tossing, until tender, 2-3 minutes.
- Stir in 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**.



Serve up

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



Scan here if you have any questions or concerns



