

Sweet & Sour Chicken






with Udon Noodle Stir-Fry, Cashews & Coriander

TASTE TOURS



Grab your Meal Kit with this symbol



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

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

 Eat Me Early

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.

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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

	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)	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
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.

We're here to help!

Scan here if you have any questions or concerns



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**.



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 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 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**.



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 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!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate