



Teriyaki Chicken Noodles with Veggies & Lime

FRESH & FAST

Box to plate: 15 mins

Eat me early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3124kJ (746Cal) | Protein 52.8g | Fat, total 22.9g - saturated 4.2g | Carbohydrate 75.5g - sugars 22.5g | Sodium 1750mg
Spicy (optional long red chilli) | The quantities provided above are averages only.

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Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil

From the cool pouch

	2P	4P
Chicken Tenderloins	1 pkt	1 pkt
Ginger Lemongrass Paste	1 pkt	2 pkts
Asian Stir-Fry Mix	1 bag (300g)	2 bags (600g)
Teriyaki Sauce	1 pkt	2 pkts
Sweet Chilli Sauce	1 pkt (25g)	1 pkt (50g)

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.

1. Sizzle



Chicken Tenderloins



Southeast Asian Spice Blend



Shredded Red Cabbage



Ginger Lemongrass Paste

2. Chop



Flat Noodles



Lime



Long Red Chilli (Optional)

3. Toss



Asian Stir-Fry Mix



Teriyaki Sauce



Sweet Chilli Sauce



Crispy Shallots



Coriander

- Chop **chicken** into chunks
- Heat **olive oil** in a frying pan over high heat
- Add **chicken** and **spice blend** and cook, tossing, until browned and cooked through, **3 mins**
- Add **cabbage** and **ginger paste** and cook, tossing, until softened, **1 min**

- Pierce **noodle** packet and microwave until hot and steaming, **2 mins**
- Halve **lime**
- Slice **chilli** (if using)

- Add **stir-fry mix** to pan and toss until wilted and tender, **2 mins**
- Remove pan from heat, add **noodles, teriyaki sauce, sweet chilli** and a good squeeze of **lime juice**. Toss to combine
- Serve **noodles** and garnish with **crispy shallots**, torn **coriander** and **chilli** (if using)

