



# Asian Chicken & Broccoli Udon Noodles

with Sauteed Cabbage & Crispy Shallots

KID FRIENDLY

Grab your Meal Kit with this symbol



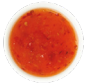
Carrot



Broccoli



Oyster Sauce



Sweet Chilli Sauce



Udon Noodles



Diced Chicken



Southeast Asian Spice Blend



Shredded Cabbage Mix



Crispy Shallots



Diced Chicken

Prep in: 25-35 mins  
Ready in: 25-35 mins



Calorie Smart\*  
\*Custom Recipe is not Calorie Smart



Eat Me Early

It's time to work on your slurping game with these udon noodles. You're going to have to devour the golden chicken and veggies in a rich oyster sauce or even better, slurp it all up in one giant mouthful!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar, Vinegar (White Wine or Rice Wine)

## 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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
broccoli	½ head	1 head
oyster sauce	1 medium packet	2 medium packets
sweet chilli sauce	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
<b>vinegar* (white wine or rice wine)</b>	½ tbs	1 tbs
udon noodles	1 packet	2 packets
diced chicken	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 medium sachet	2 medium sachets
<b>salt*</b>	¼ tsp	½ tsp
shredded cabbage mix	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet
diced chicken**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2428kJ (580Cal)	374kJ (89Cal)
Protein (g)	53g	8.2g
Fat, total (g)	7.8g	1.2g
- saturated (g)	3.1g	0.5g
Carbohydrate (g)	66.6g	10.3g
- sugars (g)	23.8g	3.7g
Sodium (mg)	2384mg	368mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3085kJ (737Cal)	386kJ (92Cal)
Protein (g)	86.4g	10.8g
Fat, total (g)	10.2g	1.3g
- saturated (g)	3.9g	0.5g
Carbohydrate (g)	67.4g	8.4g
- sugars (g)	24.5g	3.1g
Sodium (mg)	2446mg	306mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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



2024 | CW15

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## Get prepped

- Boil the kettle. Thinly slice **carrot** into half-moons. Cut **broccoli (see ingredients)** into small florets, then roughly chop stalk.
- In a small bowl, combine **oyster sauce, sweet chilli sauce, the soy sauce, brown sugar, vinegar** and a splash of **water**. Set aside.
- Half-fill a medium saucepan with boiling water. Cook **udon noodles** in boiling water over medium-high heat until tender, **3-4 minutes**.
- In the **last minute** of cook time, gently stir **noodles** with a fork to separate. Drain, rinse and set aside.

3



## Cook the veggies

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **carrot and broccoli** until tender, **3-4 minutes**.
- Add **shredded cabbage mix** and cook until tender, **2-3 minutes**.
- Remove pan from heat, then add cooked **udon noodles** and **oyster sauce mixture**, tossing, until combined. Season to taste.

2



## Cook the chicken

- Meanwhile, combine **diced chicken, Southeast Asian spice blend, the salt** and a drizzle of **olive oil** in a medium bowl.
- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base.
- When oil is hot, cook **chicken**, turning occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a paper towel-lined plate.

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

**Custom Recipe:** If you've doubled your diced chicken, flavour in a large bowl. Cook in batches for best results.

4



## Serve up

- Divide veggie udon noodles between bowls.
- Top with Asian chicken and garnish with **crispy shallots** to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the garnish!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)