

Saucy Teriyaki Chicken & Noodles

with Fried Egg & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Spring Onion



Asian Greens



Broccoli



Lemon



Oyster Sauce



Sriracha



Teriyaki Sauce



Flat Noodles



Sweet Soy Seasoning



Crispy Shallots



Diced Chicken



Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

 Eat Me Early

We hope you're hungry because this dish is serving up a truckload of taste tonight! There's hints of sweet, soy, sriracha and oyster all together in a sticky sauce that clings to the flat noodles when fried up with chicken. Breaking into that glowing fried egg on top is the best way to start eating this dish. Make sure to get a big bite.

Pantry items

Olive Oil, Soy Sauce, Brown Sugar, Sesame Oil, Eggs

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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
Asian greens	1 bunch	2 bunches
broccoli	½ head	1 head
lemon	½	1
oyster sauce	1 medium packet	1 large packet
sriracha	1 packet (20g)	1 packet (40g)
teriyaki sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
sesame oil*	drizzle	drizzle
flat noodles	1 packet	2 packets
diced chicken	1 packet	1 packet
sweet soy seasoning	1 sachet	2 sachets
eggs*	2	4
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2792kJ (667Cal)	460kJ (109Cal)
Protein (g)	55.3g	9.1g
Fat, total (g)	16.1g	2.7g
- saturated (g)	4.9g	0.8g
Carbohydrate (g)	67g	11g
- sugars (g)	23.9g	3.9g
Sodium (mg)	2766mg	456mg

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



Get prepped

- Boil the kettle. Finely chop **garlic**. Roughly chop **spring onion, Asian greens** and **broccoli** (see ingredients). Cut **lemon** into wedges.
- In a medium bowl, combine **oyster sauce, sriracha, teriyaki sauce, the soy sauce, brown sugar, a drizzle of sesame oil** and a splash of **water**. Set aside.



Bring it all together

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **broccoli** until tender, **5-6 minutes**.
- Add **garlic** and **spring onion** and cook until fragrant, **1 minute**.
- Add **Asian greens** and cook until tender, **1-2 minutes**.
- Return **chicken** to the pan, then add **oyster sauce mixture** and **noodles**. Toss to combine and cook until the sauce has slightly thickened, **1-2 minutes**.
- Remove from heat, then add a good squeeze of **lemon juice**. Divide **noodles** between serving bowls.



Cook the noodles

- Half-fill a medium saucepan with boiling water. Cook **flat noodles** 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.



Fry the eggs

- Wipe out the frying pan and return to high heat with a drizzle of **olive oil**.
- When oil is hot, crack **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **2-3 minutes**.

TIP: This will give a soft yolk, fry for 6-7 minutes to get a hard yolk.



Cook the chicken

- In a second medium bowl, combine **diced chicken** and **sweet soy seasoning**.
- Heat a large frying pan with a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a bowl.



Serve up

- Top bowls of saucy teriyaki chicken noodles with a fried egg and some **crispy shallots**.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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