

# Easy Asian-Style Chicken Noodle Soup

with Veggies & Crispy Shallots

Grab your Meal Kit with this symbol



Carrot



Chicken Thigh



Sweetcorn



Garlic Paste



Soy-Ginger Stir-Fry Sauce



Chicken-Style Stock Powder



Udon Noodles



Baby Spinach Leaves



Chilli Flakes (Optional)



Crispy Shallots



Chicken Breast

Hands-on: **15-25** mins  
Ready in: **20-30** mins

Spicy (optional chilli flakes)

Eat Me Early

Calorie Smart

Bursting with the perfect balance of soy, ginger and garlic, this boldly-flavoured soup works wonderfully with the juicy chunks of chicken thigh and the slightly chewy udon.



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

### Pantry items

Olive Oil, Rice Wine Vinegar

## 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

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
chicken thigh	1 small packet	1 large packet
sweetcorn	1 tin (125g)	1 tin (300g)
garlic paste	1 packet	2 packets
soy-ginger stir-fry sauce	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	1 ½ cups	3 cups
udon noodles	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
rice wine vinegar*	drizzle	drizzle
chilli flakes (optional)	pinch	pinch
crispy shallots	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2495kJ (596Cal)	473kJ (113Cal)
Protein (g)	43.9g	8.3g
Fat, total (g)	19g	3.6g
- saturated (g)	5.9g	1.1g
Carbohydrate (g)	64.3g	12.2g
- sugars (g)	23.7g	12.2g
Sodium (mg)	2833mg	537mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2403kJ (574Cal)	455kJ (109Cal)
Protein (g)	46.4g	8.8g
Fat, total (g)	15.3g	2.9g
- saturated (g)	4.9g	0.9g
Carbohydrate (g)	64.3g	12.2g
- sugars (g)	23.7g	12.2g
Sodium (mg)	2825mg	535mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

2022 | CW02



## Get prepped

- Boil the kettle.
- Thinly slice **carrot** into half-moons. Cut **chicken thigh** into 2cm chunks.
- Drain **sweetcorn**.

### CUSTOM RECIPE

If you have swapped to chicken breast, cut it into 2cm chunks.



## Finish the soup

- Add **corn**, **baby spinach leaves** and a drizzle of **rice wine vinegar**, and cook, stirring, until spinach is wilted, **1-2 minutes**.



## Start the soup

- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook **chicken** and **carrot**, tossing, until chicken is cooked through, **6-8 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**.
- Reduce heat to medium-high, then add **soy-ginger stir-fry sauce**, **chicken-style stock powder**, the **boiling water** (1 ½ cups for 2 people / 3 cups for 4 people) and **udon noodles**. Cook, stirring occasionally with a fork, until noodles are separated, **3-4 minutes**.

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

### CUSTOM RECIPE

Cook the chicken breast in the same way as above.



## Serve up

- Divide Asian-style chicken noodle soup between bowls.
- Sprinkle with **chilli flakes** (if using) and **crispy shallots** to serve.

## Enjoy!