CHINESE SICHUAN CHICKEN & NOODLE STIR-FRY

with Roasted Peanuts

Make a Sichuan noodle stir-fry

- Courgette
- Carrot
- Asian Greens
- Coriander
- Chicken Thigh
- Udon Noodles
- Sichuan Garlic Paste
- Roasted Peanuts

Pantry Staples: *Olive Oil, Soy Sauce, Sesame Oil*

Hands-on: 25-35 mins
Ready in: 25-35 mins

Eat me early

With a sensational combination of textures and sweet and spicy Asian flavours, including our signature Sichuan garlic paste, you won't believe you made this yourself – and in roughly half an hour too!

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BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium saucepan** • **large frying pan** or **wok**

1 GET PREPPED

Bring a medium saucepan of water to the boil. Cut the **courgette** into 1cm chunks. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Roughly chop the **coriander**. Cut the **chicken thigh** into 2cm chunks.

2 COOK THE NOODLES

Add the **udon noodles (see ingredients list)** to the saucepan of boiling water and cook until just tender, **8-10 minutes**. Drain and refresh under cold water.

3 MAKE THE SAUCE

While the noodles are cooking, combine the **soy sauce**, **Sichuan garlic paste** and **sesame oil** in a small bowl and set aside.

4 COOK THE CHICKEN

In a large frying pan or wok, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **chicken** and cook, turning occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a bowl and cover to keep warm.

5 COOK THE VEGGIES

Return the frying pan or wok to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **courgette** and **carrot** and cook, until softened, **3-4 minutes**. Add the **Asian greens** and cook until slightly wilted, **1-2 minutes**. Add the **noodles**, **chicken** and the **Sichuan sauce mixture**, and toss to coat.

6 SERVE UP

Divide the Chinese Sichuan chicken and noodle stir-fry between bowls and top with the coriander and **roasted peanuts**.

ENJOY!

2|4 PEOPLE INGREDIENTS

	2P	4P
*olive oil**	refer to method	refer to method
courgette	1	2
carrot	1	2
Asian greens	1 packet	1 packet
coriander	1 bunch	1 bunch
chicken thigh	1 packet	1 packet
udon noodles	½ packet	1 packet
*soy sauce**	2 tbs	¼ cup
Sichuan garlic paste	1 packet	2 packets
*sesame oil**	1 tsp	2 tsp
roasted peanuts	1 packet	2 packets

**Pantry Items*

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2920kJ (696Cal)	558kJ (133Cal)
Protein (g)	42.1g	8.1g
Fat, total (g)	26.0g	5.0g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	68.6g	13.1g
- sugars (g)	16.0g	3.1g
Sodium (g)	2270mg	435mg

For allergens and ingredient information, visit HelloFresh.co.nz/recipes

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