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WK32
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Japanese Tasty Teriyaki Chicken with Hokkien Noodles

Packed full of protein, this fresh Japanese noodle bowl is the perfect thing to give you all the energy you need to hit the gym, football field or swimming pool. Not only is ginger delicious, but it's anti-inflammatory, so consider this your after workout salve as well.



Prep: 15 mins

Cook: 15 mins

Total: 30 mins



level 1



nut free



eat me early

Pantry Items



Soy Sauce



Honey



Warm Water



Vegetable Oil



Garlic



Ginger



Chicken Thighs



Hokkien Noodles



Carrot



Spring Onions



Baby Bok Choy



Long Red Chilli

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QTY

Ingredients

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2970	Kj
Protein	50.6	g
Fat, total	17.5	g
-saturated	4.4	g
Carbohydrate	81.3	g
-sugars	15.8	g
Sodium	772	mg

2 cloves	garlic, peeled & finely grated	⊕
1 knob	ginger, peeled & finely grated	
3 ½ tbs	salt-reduced soy sauce *	
2 ½ tbs	honey *	
3 tbs	warm water *	
1 packet	chicken thighs, chopped into 2 cm pieces	
2 packets	hokkien noodles	
1 tsp	vegetable oil *	
2	carrots, peeled & cut into thin discs	
1 bunch	spring onions, finely sliced	
1 bunch	baby bok choy, sliced	
1	long red chili, sliced (optional)	

2



You will need: vegetable peeler, fine grater, chef's knife, chopping board, kettle, medium bowl, tongs, large bowl, sieve, and a large wok.

1 Bring a full kettle of water to the boil.

2 In a medium bowl combine the **garlic, ginger, salt-reduced soy sauce, honey** and **warm water**. Add the **chicken thighs** and toss to coat well in the marinade.

3



3 Place the **hokkien noodles** in a large bowl and pour over the boiling water. Leave the hokkien noodles submerged for **2 minutes**, or until soft and separated. Drain.

4 Meanwhile, heat the **vegetable oil** in a large wok over a high heat. Add the marinated chicken in two batches allowing any excess marinade to drip back into the bowl. Cook the chicken for **3-4 minutes** or until browned and then remove from the wok. Add the **carrot** and half the **spring onion** to the wok and cook for **2-3 minutes**. Return the chicken to the pan with the noodles, any excess marinade and the sliced **baby bok choy**. Cook for **1 minute** or until the baby bok choy is wilted.

4a



5 To serve, divide the chicken stir fry between bowls. Garnish with the remaining spring onion and **long red chilli** if you like. Enjoy!

4b



Did you know? Japanese immigrants are the largest migrant population in Brazil today!