# **Ginger Chicken Udon Noodles**

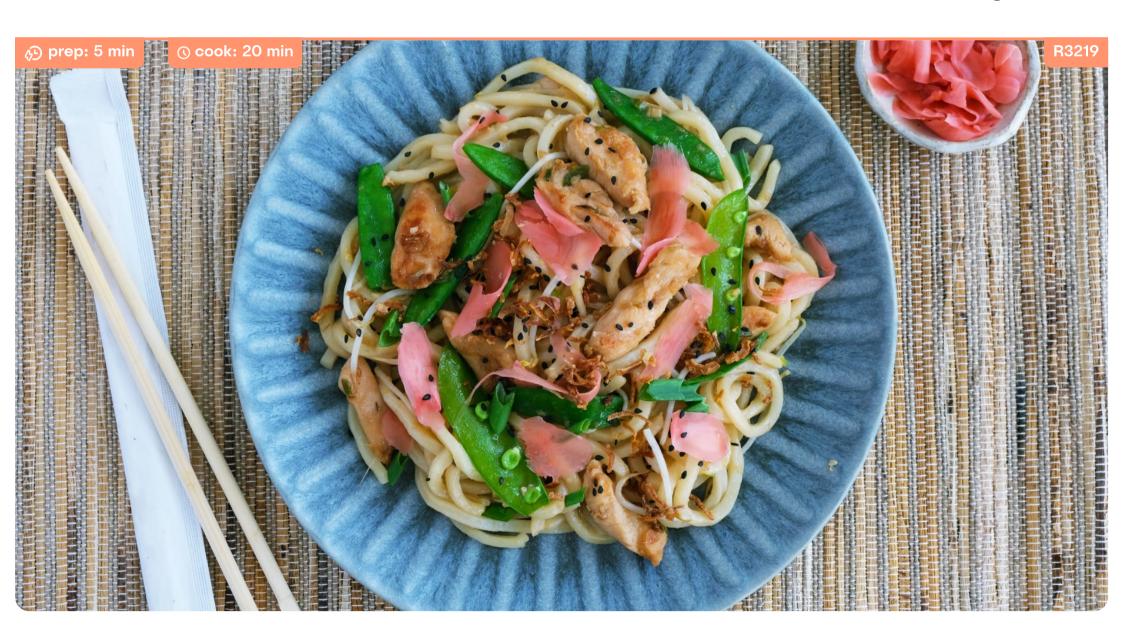
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This speedy one-pan dish packs in a ton of flavour and can be ready in just 20 minutes!

Cals 707 • Prot 50 • Carbs 91 • Fat 14

**Quick Prep** 

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## Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

## Ingredients

3				
Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	300	500	600	Grams
Ginger garlic paste	20	30	40	Grams
Oyster sauce 8*, 10*	20	30	40	Grams
Soy sauce <b>9*, 10*, 11*</b>	30	40	60	ML
Stir-fry				
Spring onion	40	60	80	Grams
Udon noodles 10*, 11*	500	750	1000	Grams
Snow peas	100	150	200	Grams
Bean sprouts	50	75	100	Grams
Sesame oil 3*, 9*	15	22	30	ML
Garnish				
Crispy onions	20	30	40	Grams
Sushi ginger	40	60	80	Grams
Black sesame seeds 3*	10	10	10	Grams

## **Allergens**

\*8 Molluscs, \*10 Wheat, \*9 Soya, \*11 Gluten, \*3 Sesame Seeds

Due to production methods, we cannot guarantee our products are completely free from any allergen such as Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2980 / 707
Fat (g)	14.4
of which saturates (g)	2.5
Carbohydrate (g)	91
of which sugars (g)	6.9
Fiber (g)	3.8
Protein (g)	49.5
Salt (g)	6.9

<sup>\*</sup>Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



### 1 Marinate chicken

Chop the **chicken** into strips. Add the **ginger garlic paste**, **oyster** and **soy sauce** to a large bowl along with the **chicken**. Mix well and set aside.

**Tip!** Marinate the chicken for up to 24 hours in advance.



# 2 Prep

Boil a kettle. Trim and finely slice the **spring onion**, separating the white parts from the green. Place the **noodles** in a bowl, cover with boiling water to loosen, then drain.



## 3 Start stir-fry

Heat a non-stick pan over a medium high heat with a drizzle of **oil**. Once hot, add the white parts of the **spring onion**. Fry for 1 min.



#### 4 Add

Add the **chicken** and its marinade and fry for 5 min. Add the whole **snow peas** and fry for 3 min. Add the drained **udon noodles** and fry for 1 min.



### 5 Finish

Add the **bean sprouts** and **sesame oil** and cook for 1 final min.



#### 6 Serve

Divide the **noodles** among bowls and garnish with the remaining **spring onion**, **crispy onion**, **sushi ginger** and **sesame seeds**.