

Ginger Chicken Udon Noodles

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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⚡ prep: 5 min

🕒 cook: 20 min

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Before you start

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

Ingredients

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 9* , 10* , 11*	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

*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**.