

for the
little ones

chicken

carrot

NOODLE STIR-FRY

Sticky Chicken uDon

Glossy hoisin chicken tossed with chewy udon noodles, tender veggies and sesame seeds.



25 Minutes



chicken



4/6 Servings

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g/39g	6g	70g/81g

FROM YOUR BOX

	4 PERSON	6 PERSON
GARLIC CLOVE	1	2
HOISIN SAUCE	100ml	100ml x 2
SPRING ONIONS	1 bunch	2 bunch
CARROTS	2	3
CABBAGE	1/4	2 x 1/4
UDON NOODLES	3 packets	5 packets
CHICKEN STRIPS	600g	600g + 300g
SESAME SEEDS	1 packet	1 packet

FROM YOUR PANTRY

oil for cooking, cornflour, soy sauce, vinegar (rice or white wine), honey or sugar

COOKING TOOLS

large frypan/wok, kettle

Serve the sticky chicken and veggies over sushi rice instead of udon noodles for easy rice bowls.

No gluten option - udon noodles are replaced with thick rice vermicelli noodles. Cook for 18-20 minutes or until al dente. Drain and rinse in cold water.



1. Make the Sauce

Crush **garlic**. Mix with **hoisin sauce**, **1 tbsp honey**, **3 tbsp soy sauce**, **1 tbsp rice vinegar** and **1/4 cup water**.

6P - use 4 tbsp soy, 2 tbsp sugar, 2 tbsp vinegar and 1/4 cup water.

tip Add some grated ginger for an extra boost of flavour.



4. Cook the chicken

Toss **chicken strips** with **1 tbsp cornflour**. Heat a large frypan/wok with **oil** over medium-high heat.

Add **chicken** and cook (in batches if needed) for 4-5 minutes or until golden and cooked through.

6P - use 2 tbsp cornflour.



2. Prepare the Veggies

Slice **spring onions**, keeping some **green tops** for garnish. Grate or julienne **carrots**. Finely slice **cabbage**.



5. Toss it all together

Add **prepared vegetables** and cook for 2-3 minutes until just tender. Pour in the **sauce** and toss until glossy.

Add **udon noodles** and gently toss until coated and sticky.

tip Serve noodles and chicken stir-fry separately if the family prefer.



3. Soften the Noodles

Boil the kettle. Place **udon noodles** in a large bowl. Cover with **hot water** and soak for 1 minute. Gently loosen with tongs, then drain.

tip Use tongs to gently loosen the noodles so they do not break apart.



6. Finish and Serve

Season stir-fry with **pepper** and extra **soy sauce** to taste. Serve topped with **reserved spring onion tops** and **sesame seeds**.

tip Add a splash of water if the noodles become too sticky in the pan.