

Honey Soy Chicken Noodles



Ready in 20 minutes



**SIMPLY
DINNER**

FEEDS 4

— RECIPE BY —

**annabel
langbein™**

What's in the kit

- Annabel's Go To Honey Soy Sauce
- Broccoli
- Carrot
- Chicken breast
- Noodles

What else you need

- Cooking oil
- Salt and pepper
- Water

Optional extras

- Bok choy
- Frozen corn

*Dinner's
in the Bag!*

NET WEIGHT 1560 g



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Honey Soy Chicken Noodles



Serves 4



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Ingredients

We endeavour to supply your meal kit exactly as shown. However, due to seasonality and supply issues some ingredients may occasionally be substituted with a different item.

280g noodles

1 head broccoli

1 carrot

400g chicken breast

1 tbsp cooking oil

400g Annabel's Go To

Honey Soy Sauce

salt and pepper

water

Method

If using optional ingredients, please read cooking method fully before starting to cook.

1. Bring a large pot of water to a boil and cook noodles for 2-3 minutes or until softened. Drain into a colander.
2. While noodles are cooking, bring a kettle of water to a boil. Cut broccoli into small florets. Peel carrot, halve lengthwise and thinly angle slice. Place broccoli and carrot in a bowl with a little salt, cover with boiling water and leave to stand for 2 minutes. Drain and set aside.
3. Cut chicken into bite-size pieces (2-4cm) and season with salt and pepper. If using pre-diced chicken you will not need to cut it up.
4. Heat 1 tbsp oil in a wok or deep-frying pan over high heat. Add chicken and stir-fry for about 3 minutes or until chicken is no longer pink.
5. Add Annabel's Go To Honey Soy Sauce and 2 tbsp of water and bring to a simmer. Simmer for 3 minutes.
6. Add drained broccoli and carrots and bring back to a simmer. Cook for another minute until broccoli and carrots are just tender and chicken is cooked through.
7. Add drained noodles and stir overheat until fully warmed through.

To Serve

Use tongs to divide the noodles and sauce evenly between 4 bowls. Enjoy!

Optional

If using frozen corn, add 1 cup of frozen alongside with the broccoli and the carrots (step 6).

If using bok choy, trim 1-2 heads bok choy and cut stalk and leaves into 1cm slices. Stir through sauce about 1 minute before serving.

NUTRITION INFORMATION

Servings per package: 4

Serving size: 360 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	2150 kJ	596 kJ
Protein	34.9 g	9.7 g
Fat, total	4.7 g	1.3 g
- saturated	1.4 g	0.4 g
Carbohydrate	76.1 g	21.1 g
- sugars	21.7 g	6.0 g
Sodium	1570 mg	435 mg

Ingredients: Annabel's Honey Soy Sauce (28%) [Onions, soy sauce (water, salt, soy beans, wheat, alcohol), sugar, water, sake, ginger, garlic, honey, modified starch (1442), spices, sesame oil, salt, acidity regulator (260)], Chicken (28%), Noodles (19%) [Wheat flour, water, egg, salt], Broccoli, Carrot.

Contains Egg, Wheat, Gluten, Sesame, Soy

May contain Milk, Tree Nuts, Fish, Peanuts, Crustacea

NUTRITION INFORMATION refers to the packaged meal and **Net Weight** refers to the weight of the bag. All ingredients and items within this meal kit are intended for use in the recipe supplied and are to be used as per the stated **Use By** date. Nutritional values can increase or decrease due to changes caused by the cooking process, the addition of optional ingredients and pantry items (such as salt) or the substitution of fresh produce.

Directions for use and storage conditions: Keep everything clean including hands and surfaces prior to eating. Wash all fruit and vegetables thoroughly. Separate raw and ready to eat foods during storage and preparation. Cook food thoroughly. Keep food at safe temperature and store ingredients between 1°C and 4°C.

Marketed by: Foodstuffs North Island Ltd.
35 Landing Drive, Mangere, Auckland 2022.

If you have any feedback or issues with your meal kit, please contact the store you purchased your Simply Dinner meal kit from.

