



# Hoisin Chicken with baby corn and noodles

Family 25-30 mins

5



Diced Chicken Breast



Garlic



Onion



Hoisin Sauce



Udon Noodles



Sesame Seeds



Sweet Asian Sauce



Sweet Chilli Sauce



Baby Corn

Pantry Items: Water, Oil, Salt, Pepper



Rate your recipe!



## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater

## Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Garlic	2 units	4 units
Onion	1 unit	2 units
Hoisin Sauce	2 sachets	4 sachets
Udon Noodles	300 g	600 g
Sesame Seeds	1 sachet	2 sachets
Sweet Asian Sauce	1 sachet	2 sachets
Sweet Chilli Sauce	1 sachet	2 sachets
Baby Corn	150 g	300 g

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>502.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2447.6 kJ/ 585 kcal	487.1 kJ/ 116.4 kcal
Fat (g)	9.3 g	1.9 g
Sat. Fat (g)	1.9 g	0.4 g
Carbohydrate (g)	82.9 g	16.5 g
Sugars (g)	31.1 g	6.2 g
Protein (g)	41.5 g	8.3 g
Salt (g)	2.9 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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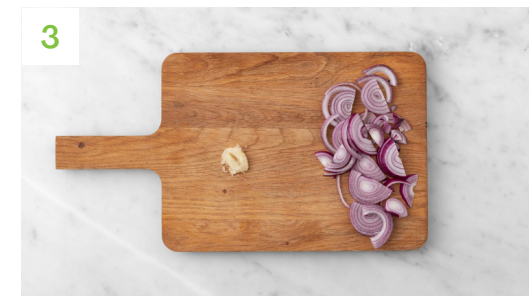
### Toast the Sesame Seeds

- Place a large pan over medium heat (without oil).
- Once hot, add the **sesame seeds** and dry-fry until toasted, stirring regularly, 2-3 mins.
- Meanwhile, halve the **baby corn** lengthways.
- Once toasted, remove the **sesame seeds** from the pan and set aside.



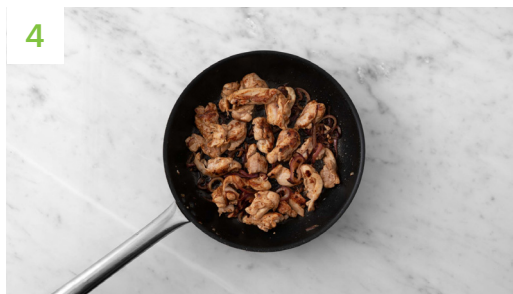
### Cook the Corn

- Return the pan to medium-high heat with a drizzle of **oil**.
- Add the **baby corn** to the pan and stir-fry for 3-4 mins.
- Once cooked, remove from the pan and cover to keep warm.



### Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve, peel and thinly slice the **onion**.



### Brown the Chicken

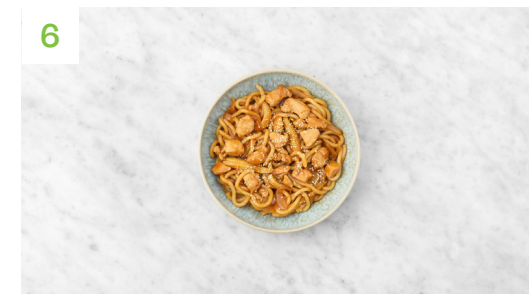
- Wipe and return the pan to medium-high heat with a drizzle of **oil**.
- Fry the **onion**, **chicken** and **garlic**, stirring occasionally, 8-10 mins.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.



### Finishing Touches

- Add the **hoisin sauce**, **Sweet Asian sauce** and **75ml** water (double for 4p) to the pan.
- Carefully separate the **noodles**, add them to the pan and gently toss in the sauce.
- Simmer for 3-4 mins. Season to taste with **salt** and **pepper**.
- Add the **baby corn** to the pan and stir to combine.



### Garnish and Serve

- When everything is ready, divide the hoisin **chicken noodles** between bowls.
- Spoon any remaining sauce from the pan over the top.
- Finish with a scattering of toasted **sesame seeds** and a drizzle of **sweet chilli sauce**.

Enjoy!