



SOY-CUMIN CHICKEN & HAND-PULLED NOODLES

with Chicken Thighs, Cucumber Salad, Korean Chili Flakes & Scallions

INGREDIENTS

2 PERSON | 4 PERSON



2 Cups | 3½ Cups
Flour
Contains: Wheat



1 | 2
Green Bell Pepper



1 | 2
Onion



2 | 4
Scallions



2 Cloves | 4 Cloves
Garlic



1 | 2
Cucumber



10 tsp | 20 tsp
Rice Wine Vinegar



10 oz | 20 oz
Diced Chicken Thighs



1 tsp | 2 tsp
Cumin



1 tsp | 2 tsp
Korean Chili Flakes



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Sesame, Soy, Wheat



SCAN HERE FOR A VIDEO TUTORIAL BY ONE OF OUR PRO CHEFS ON HOW TO MAKE THIS RECIPE!



HELLO

BIANG BIANG

Handmade noodles from Xi'an, China, named for the sound they make against the counter as they're stretched



PREP: 15 MIN | COOK: 50 MIN | CALORIES: 910



HAND-PULLED NOODLES 101

Slapping the noodle dough on the counter helps maintain an even thickness as you stretch. Pro tips: Carefully measure out the flour; don't pull too quickly or hold the dough too tightly; and if the dough breaks, simply grab the broken ends and continue pulling from there. You've got this!

BUST OUT

- Large pot
 - Plastic wrap
 - Small bowl
 - Strainer
 - 2 Medium bowls
 - Large pan
 - Large bowl
-
- Kosher salt
 - Black pepper
 - Cooking oil (1 TBSP | 1 TBSP)
 - Sugar (½ tsp | 1 tsp)

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*Chicken is fully cooked when internal temperature reaches 165°.



1 MAKE DOUGH

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Reserve **1 TBSP flour (2 TBSP for 4 servings)** in a small bowl (**you'll use it in the next step**).
- Place remaining flour in a medium bowl; measure out 1¾ cups and transfer to a large bowl (**for 4 servings, transfer all remaining flour to large bowl**). (**Discard any remaining flour in medium bowl.**)
- To large bowl with flour, add **½ cup water (1 cup for 4)**. Stir until flour is fully incorporated and a wet dough forms, 30-60 seconds.



4 PULL & COOK NOODLES

- Transfer **dough** to a large clean work surface. Shape into a 10-by-3-inch oval, then cut crosswise into 10 1-inch-wide pieces (**20 pieces for 4 servings**).
- Working one piece at a time, hold opposite ends of dough; lift and gently pull outward, moving hands in an up-and-down motion. Once dough is stretched to about shoulder length, smack it against work surface while gently pulling, until about ¼ inch wide. (**It's OK if some noodles break!**) Repeat with remaining dough.
- Once pot of water is boiling, add **noodles**. Cook, stirring, until beginning to float to the top, 1-2 minutes. (**Work in batches for 4.**) Drain noodles, then rinse under cold water for 30 seconds.



2 KNEAD DOUGH

- Lightly sprinkle a clean work surface with **reserved flour**. Transfer **dough** to floured surface. (**Reserve large bowl.**)
- Hold dough with one hand and firmly press down and away with the other, then fold dough over itself. Repeat, rotating dough 90 degrees after each fold, until firm and easily rolled into a ball, 3-4 minutes. **TIP: Rub hands with olive oil to prevent sticking.**
- Return dough to bowl (**split between two large bowls for 4 servings**). Gently rub all over with a **large drizzle of oil**. Tightly cover bowl with plastic wrap and let rest for at least 15 minutes. **TIP: If you have time, let rest up to 30 minutes.**



5 COOK CHICKEN

- Open package of **chicken*** and drain off any excess liquid.
- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **bell pepper** and **onion**. Cook, stirring occasionally, until veggies begin to soften, 3-4 minutes.
- Add chicken; season with **salt** and **pepper**. Cook, stirring occasionally, until browned and cooked through, 4-6 minutes.
- Stir in **garlic, cumin**, and as many **chili flakes** as you like; cook, stirring, until fragrant, 30 seconds. Stir in **remaining vinegar** and cook until most of the liquid has absorbed, 30 seconds more.



3 PREP & MAKE SALAD

- While dough rests, trim and quarter **cucumber** lengthwise; cut crosswise into ½-inch-thick quarter-moons. Trim and thinly slice **scallions**, separating whites from greens. Core, deseed, and dice **bell pepper** into ½-inch pieces. Halve, peel, and dice **onion** into ½-inch pieces. Peel and mince or grate **garlic**.
- In a second medium bowl, combine cucumber, scallion whites, **half the vinegar**, **½ tsp sugar (1 tsp for 4 servings)**, **salt**, and **pepper**. Set aside, stirring occasionally, until ready to serve.



6 FINISH & SERVE

- Reduce heat under pan with **chicken** to medium low. Add **drained noodles**, **sweet soy glaze**, and **¼ cup water (½ cup for 4 servings)**. Cook, gently stirring, until noodles are coated, 1-2 minutes.
- Garnish **noodles and chicken** with **scallion greens** and any **remaining chili flakes** if desired. Serve family style with **cucumber salad** on the side.