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## Chicken and Ramen Noodle Stir-Fry

with Thai Sweet Chili Sauce

This sumptuous stir fry is a veritable greatest hits of delicious flavours and fresh crispy veggies. We're so excited to bring you Thai sweet chili – the perfect balance of spicy and tasty. We also guarantee that this meal will come together faster than take-out!



Chicken Tenders



Ramen Noodles



Carrot



Red Pepper



Green Onions



Garlic



Thai Sweet  
Chili Sauce



Basil



Oyster Sauce

## Ingredients

	2 People	4 People
Chicken Tenders	1 pkg (340 g)	2 pkg (680 g)
Ramen Noodles	1) 3) 2 pkg (220 g)	4 pkg (440 g)
Carrot, 1/4-inch coins	1 pkg (227 g)	2 pkg (454 g)
Red Bell Pepper	1	2
Green Onions	2	4
Garlic	1/2 pkg (5 g)	1 pkg (10 g)
Sweet Chili Sauce	3 pkg (3 tbsp)	6 pkg (6 tbsp)
Oyster Sauce	1) 2) 1 pkg (3 tbsp)	2 pkg (6 tbsp)
Basil	1 pkg (7 g)	2 pkg (14g)
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Fish/Poisson
- 3) Egg/Oeuf

## Tools

Medium Pot, Large Pan, Strainer

Ruler

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**Nutrition per person** Calories: 673 cal | Fat: 8g | Protein: 54g | Carbs: 96g | Fiber: 8g | Sodium: 1869 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



**1 Prep: Wash and dry all produce.** Bring a medium pot of **salted water** to a boil. Core, then thinly slice the **red pepper** and **green onions**. Mince or grate the **garlic**. Roughly chop the **basil**. Cut the **chicken** into 1-inch pieces.

**2 Cook the chicken:** Season the **chicken** with **salt** and **pepper**. Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **chicken**. Cook, stirring often, until the chicken is golden-brown, 4-5 min. Transfer to a plate.

**3 Cook the noodles:** Meanwhile, add the **noodles** to the boiling water. Cook until noodles are tender, 1-2 min. (**TIP:** Don't drain the noodles until ready to add to the stir-fry, otherwise they may clump up!)

**4** Meanwhile, add another drizzle of **oil** into the pan, then the **carrot, red pepper, green onion** and **garlic**. Cook, stirring occasionally, until the veggies are tender-crisp, 4-5 min. Add the **sweet chili sauce, oyster sauce** and **chicken** to the pan. Cook until warmed through, 1-2 min. Drain the **noodles** and toss into the stir-fry.

**5 Finish and serve:** Divide the **stir-fry** between serving bowls. Sprinkle with **basil**. Enjoy!

**DID YOU KNOW:** Ramen noodles have been around for over 100 years! They are thought to have originated in Japan, being sold as fresh noodles with broth at portable food stalls. The instant ramen that we are most familiar with was invented in Japan in 1958 and quickly became accessible world-wide!

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