



FEB
2017

Five-Spice Chicken Soup

with Udon Noodles and Bok Choy

Nothing warms us up like a hearty bowl of soup! Udon noodles is a thick wheat flour noodle from Japan, and we love its' chewy texture! We're sure you will enjoy this as much as we do!



Chicken Thighs



Udon Noodles



Baby Bok Choy



Carrot



Green Onion



Garlic



Ginger



Cilantro



Chinese Five Spice



Teriyaki Sauce



Chicken Broth Concentrate



Cinnamon Stick

Ingredients

	2 People	4 People
Chicken Thighs	1 pkg (340 g)	2 pkg (680 g)
Udon Noodles	2 pkg (400 g)	4 pkg (800 g)
Baby Bok Choy	4	8
Carrot, rounds	1 pkg (113 g)	2 pkg (227 g)
Green Onion	2	4
Garlic	1 pkg (10 g)	2 pkg (20 g)
Ginger	30 g	60 g
Cilantro	1 pkg (14 g)	1 pkg (14 g)
Chinese Five Spice	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Teriyaki Sauce	1 pkg (2 tbsp)	2 pkg (4 tbsp)
Chicken Broth Concentrate	1 pkg	2 pkg
Cinnamon Stick	1	1
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Soy/Soja
- 3) Sulphites/Sulfites

Tools

Measuring Spoons, Large Pot, Measuring Cups, Large Non-Stick Pan

Nutrition per person Calories: 578 cal | Fat: 10 g | Protein: 45 g | Carbs: 77 g | Fibre: 5 g | Sodium: 1407 mg

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

Ruler

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1



1 Prep: Wash and dry all produce. Thinly slice the **bok choy** and **green onions**. Mince or grate the **garlic**. Peel, then mince **1 tbsp ginger** (double for 4 people.) Roughly chop the **cilantro**.

2



2 Cook the veggies: Heat a large pot over medium-high heat. Add a drizzle of **oil**, then **carrots** and **green onions**. Cook, stirring occasionally, until softened, 4-5 min. Add the **garlic, ginger, cinnamon stick, broth concentrate(s)** and **3¼ cups water** (double for 4 people). Bring up to a boil, then reduce the heat to medium-low. Simmer until carrots are tender, 4-5 min.

5



3 Cook the chicken: Meanwhile, pat the **chicken** dry with paper towels, then season with the **Chinese five spice** and a pinch of **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **chicken**. Cook until chicken is cooked through, 4-6 min per side. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

4 Add the **bok choy** and **noodles** to the soup. Cook until the noodles are tender, 2-3 min. Stir in the **teriyaki sauce**.

5 Finish and serve: Thinly slice the **chicken**. Remove the **cinnamon stick** from the soup. Divide your **soup** and **noodles** into bowls. Top with the chicken and sprinkle with **cilantro**. Enjoy!

DID YOU KNOW? Cinnamon sticks are actually the bark of the cinnamon tree! The use of cinnamon dates as far back as the ancient Egyptian era where it was more valuable than gold...!

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