



# Saucy Sweet Chili Chicken Noodles

with Blistered Beans and Carrots

Spicy

25 Minutes

Swap



Chicken Breast  
2 | 4

Customized Protein

+ Add

Swap

or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chicken Thighs  
280 g | 560 g



Spaghetti  
170 g | 340 g



Green Beans  
170 g | 340 g



Carrot, julienned  
56 g | 113 g



Vegetarian Oyster Sauce  
4 tbsp | 8 tbsp



Sweet Chili Sauce  
2 tbsp | 4 tbsp



Chicken Stock Powder  
2 tbsp | 4 tbsp



Cornstarch  
1 tbsp | 2 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

**Pantry items** | Butter, oil, salt, pepper

**Cooking utensils** | Medium bowl, measuring spoons, measuring cups, whisk, large pot, large non-stick pan

1



## Cook spaghetti

- Before starting, add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
  - Cover and bring to a boil over high heat.
  - Wash and dry all produce.
- Add **spaghetti** to the boiling water. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **½ cup** (1 cup) **pasta water**, then drain and return **spaghetti** to the same pot, off heat.

2



## Prep

[Swap](#) | **Chicken Breasts**

- Meanwhile, trim **green beans**, then cut into 1-inch pieces.
- Add **corn starch, oyster sauce, half the sweet chilli sauce, half the chicken stock powder** and **½ cup** (1 cup) **water** to a medium bowl. Whisk until smooth.
- Pat **chicken** dry with paper towels, then, on a clean cutting board, cut into 1-inch pieces.
- Season with **salt** and **pepper**.

3



## Cook veggies

- Heat a large non-stick pan over high heat.
- Add **1 tbsp** (2 tbsp) **oil**, then **green beans**. Cook, stirring often until lightly blistered, 1-2 min.
- Add **carrots, 3 tbsp** (6 tbsp) **water** and **remaining stock powder**. Cook, stirring often, until water has absorbed and **veggies** are tender-crisp, 1-2 min.
- Transfer to a plate.

4



## Cook chicken

- Reheat the same pan over medium.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**.
- Cook, flipping once until golden-brown, 2-3 min per side. (**NOTE:** It's okay if chicken doesn't cook all the way through in this step.)
- Add **sauce mixture** and **reserved pasta water**. Bring to a simmer.
- Cook, stirring occasionally until **sauce** thickens slightly and **chicken** is cooked through, 2-3 min.\*\*

5



## Finish and serve

- Add **spaghetti, veggies** and **1 tbsp** (2 tbsp) **butter** to the pan with **chicken**.
- Stir to coat until **butter** melts, 1 min. (**TIP:** For a lighter sauce consistency, add additional water, 1-2 tbsp at a time, if desired.)
- Divide **noodles, chicken** and **veggies** between plates.
- Drizzle with **remaining sweet chili sauce** over top.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

2 | Prep

[Swap](#) | **Chicken Breasts**

If you've opted to get **chicken breasts**, prepare, cook and plate in the same way the recipe instructs you to prepare, cook and plate **chicken thighs**\*\*

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.