



10 MINUTE CHICKEN NOODLES

with Mangetout



HELLO KETJAP MANIS

This Indonesian version of soy sauce is what our westernised ketchup originated from.



Spring Onion



Salted Peanuts



Egg Noodles



Chicken Mini Fillets



Mangetout



Ketjap Manis



Soy Sauce



Lime

MEAL BAG

10 mins

2 of your 5 a day

Rapid recipe

GET **PREPARED!**

Fill and boil your **Kettle**.

BEFORE YOU START

- 🔗 Fill and boil your **Kettle**.
 - 🧼 Wash the veggies.
 - 🍴 Make sure you've got two **Saucepans**, a **Sieve** and **Frying Pan**.
- Let's start cooking the **10 Minute Chicken Noodles with Mange Tout**.



1 PREP TIME

- Pour the boiling water into a large saucepan. Bring back to the boil on high heat. Trim the **spring onion** and slice thinly.
- Crush the **peanuts** in the bag by bashing gently with a saucepan.



2 COOK THE NOODLES

- Add the **noodles** to the boiling **water**, lower the heat and boil for 4 mins. When cooked, drain in a sieve.



3 FRY THE CHICKEN

- Meanwhile, heat a drizzle of **oil** in a frying pan. When hot, add the **chicken** and fry, stirring occasionally, until starting to brown, 3-4 mins.



4 STIR-FRY TIME

- Next add the **mangetout** and **half** the **spring onion** to the **chicken** and stir-fry for another 2 mins.



5 FINISH UP

- Tip the drained **noodles** into the pan along with the **ketjap manis** and **soy sauce**. Toss everything together well until piping hot, another 2 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



6 SERVE

- Serve the **chicken noodles** in bowls topped with the remaining **spring onion**, the **peanuts** and the **lime**, chopped into wedges, for squeezing over.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	4P
Spring Onion	3	3
Salted Peanuts 1)	1 small bag	2 small bags
Egg Noodles 8) 13)	2 nests	4 nests
Chicken Mini Fillets	280g	560g
Mangetout	1 pack	2 packs
Ketjap Manis 11) 13)	2 sachets	4 sachets
Soy Sauce 11) 13)	2 sachets	4 sachets
Lime	½	1

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 384G	PER 100G
Energy (kcal)	639	167
(kJ)	2671	696
Fat (g)	10	3
Sat. Fat (g)	2	1
Carbohydrate (g)	71	19
Sugars (g)	22	6
Protein (g)	66	17
Salt (g)	5.94	1.55

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 8) Egg 11) Soya 13) Gluten

Ketjap Manis: Light Brown Sugar, Dark **Soy** Sauce (**Soya**, **Wheat**), Water, Molasses, Tapioca Starch, Garlic Puree, Ginger Puree, Preservative: Potassium Sorbate, Anise Star.

Soy Sauce: Water, **Soy** beans, **Wheat**, Salt, Sodium Benzoate.

🧼 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 between uses.

👍 THUMBS UP OR THUMBS DOWN?

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