



# Bulgogi Chicken and Mushroom Noodles

with Sriracha and Peanuts

Super Quick 15 Minutes • Mild Spice

7



Diced Chicken Breast



Sliced Mushrooms



Egg Noodle Nest



Bulgogi Sauce



Soy Sauce



Sriracha Sauce



Salted Peanuts

#### Pantry Items

Oil, Salt, Pepper, Butter



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Kettle, frying pan and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Diced Chicken Breast**	240g	390g	520g
Sliced Mushrooms**	120g	180g	240g
Egg Noodle Nest <b>8) 13)</b>	2 nests	3 nests	4 nests
Bulgogi Sauce <b>11)</b>	100g	150g	200g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Sriracha Sauce	15g	22g	30g
Salted Peanuts <b>1)</b>	40g	65g	80g

Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Sauce*	200ml	300ml	400ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>449g</b>	<b>100g</b>
Energy (kJ/kcal)	2901 /693	646 /154
Fat (g)	24.7	5.5
Sat. Fat (g)	8.5	1.9
Carbohydrate (g)	66.5	14.8
Sugars (g)	19.3	4.3
Protein (g)	47.5	10.6
Salt (g)	4.07	0.91

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**1)** Peanut **8)** Egg **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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1



## Get Frying

- Boil a full kettle.
- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken** and **mushrooms**, 8-10 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

2



## Noodle Time

- Meanwhile, pour the **boiled water** into a saucepan with  $\frac{1}{2}$  **tsp salt** on high heat.
- Boil the **noodles**, 4 mins.
- Once cooked, drain and run under **cold water**.

3



## Sauce Up

- Add the **bulgogi**, **soy**, **butter** and **water** (see pantry for both) to the **chicken**. Bring to the boil and simmer, 3-4 mins.
- Stir in the **cooked noodles** and toss to coat.
- Taste and season with **salt** and **pepper** if needed.

4



## Dinner's Ready!

- Share the **noodles** between your bowls.
- Drizzle over the **sriracha** (add less if you'd prefer things milder).
- Sprinkle over the **peanuts** to finish.

## Enjoy!