



# Speedy Bulgogi Chicken Noodles

with Green Beans and Sesame Seeds

Super Quick 10-15 Minutes • Mild Spice

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Diced Chicken Thigh



Green Beans



Egg Noodle Nest



Bulgogi Sauce



Soy Sauce



Sriracha Sauce



Roasted White Sesame Seeds



Diced Chicken Breast

**Pantry Items**  
Oil, Salt, Pepper

**CUSTOM RECIPE**

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

## 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 Thigh**	240g	390g	520g
Green Beans**	150g	200g	300g
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>	25ml	40ml	50ml
Sriracha Sauce	15g	22g	30g
Roasted White Sesame Seeds <b>3)</b>	5g	7g	10g

Diced Chicken Breast**	240g	390g	520g
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Pantry	2P	3P	4P
Water for the Sauce*	50ml	100ml	150ml

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	367g	100g	367g	100g
Energy (kJ/kcal)	2510 / 600	684 / 163	2249 / 538	612 / 146
Fat (g)	17.8	4.8	7.6	2.1
Sat. Fat (g)	4.6	1.3	1.6	0.4
Carbohydrate (g)	68.5	18.7	68.3	18.6
Sugars (g)	20.6	5.6	20.6	5.6
Protein (g)	41.8	11.4	44.6	12.2
Salt (g)	4.82	1.31	4.75	1.29

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**3)** Sesame **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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## Get Frying

- Boil a full kettle.
- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **chicken**, 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.

## CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.

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## Sauce Time

- When the **chicken** is cooked, stir in the **bulgogi**, **soy**, **sriracha** and **water** (see pantry).
- Simmer, 1-2 mins.
- Mix in the **cooked noodles** and **beans**. Add another splash of **water** if needed.

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## Quick Prep

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

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## Dinner's Ready!

- Share the **noodles** between your bowls.
- Sprinkle over the **sesame seeds**.

## Enjoy!