



Chicken and Plum Stir-Fry with Pak Choi, Noodles and Peanuts

Quick 20 Minutes • **Mild Spice** • 1 of your 5 a day

13



Egg Noodle Nest



Diced Chicken Thigh



Plum



Pak Choi



Garlic Clove



Ginger Puree



Chilli Flakes



Hoisin Sauce



Ketjap Manis



Salted Peanuts



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

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

Saucepan, sieve, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest 8 13)	125g	187g	250g
Diced Chicken Thigh**	240g	390g	520g
Plum**	2	3	4
Pak Choi**	1	1½	2
Garlic Clove**	1	2	2
Ginger Puree	7g	11g	15g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Hoisin Sauce 11)	32g	32g	64g
Ketjap Manis 11)	25g	50g	50g
Salted Peanuts 1)	25g	40g	50g
Diced Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	388g	100g	388g	100g
Energy (kJ/kcal)	2716 / 649	700 / 167	2455 / 587	633 / 151
Fat (g)	20.8	5.4	10.7	2.8
Sat. Fat (g)	5.3	1.4	2.4	0.6
Carbohydrate (g)	75.0	19.3	74.8	19.3
Sugars (g)	24.6	6.3	24.6	6.3
Protein (g)	42.9	11.1	45.8	11.8
Salt (g)	3.17	0.82	3.11	0.80

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, mollusc, 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.
HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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Cook the Noodles

- Bring a saucepan of **water** to the boil with **½ tsp salt**.
- When boiling, add the **noodles** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Stir-Fry Time

- Lower the heat to medium and add the **plums** and **sugar for the sauce** (see pantry for amount) to the **chicken**.
- Stir-fry until the **plums** start to colour, 1-2 mins.
- Stir in the **garlic**, **ginger puree** and as many **chilli flakes** as you'd like (add less if you'd prefer things milder).
- Stir-fry for 1 min more.



Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan or wok on medium-high heat.
- Once hot, add the **diced chicken** and season with **salt** and **pepper**.
- Fry, stirring occasionally, until browned, 5-6 mins.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

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



Sauce Things Up

- Add the **pak choi** and stir-fry until just soft, 1-2 mins.
- Stir in the **hoisin sauce**, **ketjap manis** and **water for the sauce** (see pantry for amount), ensuring everything's well coated.
- Add the **cooked noodles** to the pan. Stir together and cook until everything's piping hot, 1-2 mins.
IMPORTANT: The chicken is cooked when no longer pink in the middle.



Get Prepped

- Meanwhile, halve the **plums**, remove the stone and slice the flesh of each **plum** into 12 thin wedges.
- Trim the **pak choi**, then separate the leaves. Cut each leaf in half lengthways down the middle.
- Peel and grate the **garlic** (or use a garlic press).



Serve

- Share the **chicken and plum stir-fry** between your bowls.
- Scatter over the **peanuts** to finish.

Enjoy!