



# Sticky Chicken Noodle Stir-Fry

with Carrot, Onion and Green Beans

Family 25-30 Minutes • 1 of your 5 a day

1



Diced British Chicken Thigh



Carrot



Garlic Clove



Onion



Green Beans



Egg Noodle Nest



Mango Chutney



Bulgogi Sauce



Soy Sauce



King Prawns

### Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

### Make it Pescatarian

If you chose to make this recipe pescatarian, 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.

## Cooking tools

Frying pan, bowl, garlic press, saucepan and sieve.

## Ingredients

Ingredients	2P	3P	4P
Diced British Chicken Thigh**	240g	390g	480g
Carrot**	1	1	2
Garlic Clove**	1	1	2
Onion	1	2	2
Green Beans**	80g	150g	160g
Egg Noodle Nest <b>8</b>   <b>13</b> )	125g	187g	250g
Mango Chutney	40g	60g	80g
Bulgogi Sauce <b>11</b> )	75g	112g	150g
Soy Sauce <b>11</b>   <b>13</b> )	15ml	25ml	30ml
King Prawns* <b>5</b> )	225g	300g	450g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	448g	100g	431g	100g
Energy (kJ/kcal)	2700/645	602/144	2041/488	474/113
Fat (g)	15.9	3.6	4.1	0.9
Sat. Fat (g)	4.4	1.0	1.0	0.2
Carbohydrate (g)	85.1	19.0	84.8	19.7
Sugars (g)	35.4	7.9	35.2	8.2
Protein (g)	41.1	9.2	25.9	6.0
Salt (g)	4.04	0.90	5.30	1.23

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

## Allergens

**5**) Crustaceans **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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## 1 Start your Stir-Fry

Heat a drizzle of **oil** in a large frying pan or wok on medium-high heat.

Once hot, add the **diced chicken** and stir-fry until golden brown on the outside and cooked through, 8-10 mins.

Once cooked, transfer the **chicken** to a bowl.

**IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## 2 Prep Time

Meanwhile, trim the **carrot**, then halve lengthways (no need to peel). Slice widthways into pieces about ½cm thick.

Peel and grate the **garlic** (or use a garlic press).

Quarter and peel the **onion**, then separate the layers. Trim the **green beans**, then cut into thirds.



## 3 Bring on the Veg

Pop the (now empty) pan back on medium-high heat with a drizzle of **oil** if needed (no need to clean).

Once hot, add the **carrot, onion** and **beans** and stir-fry until softened, 6-7 mins.

## Make it Pescatarian

If you've chosen the pescatarian version, drain the **prawns**, then stir-fry, 4-5 mins. Set aside, then add to the **veg** in step 5. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



## 4 Cook the Noodles

While the **veg** fries, bring a large saucepan of **water** to the boil with ½ **tsp salt**.

When your pan of **water** is 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.



## 5 Make the Sticky Sauce

In a small bowl, mix together the **mango chutney, bulgogi, soy sauce, ketchup** and **water for the sauce** (see pantry for both amounts). Set aside your **sticky sauce**.

Stir the **garlic** into the **veg** and fry until fragrant, 1 min.

Stir in the **sticky sauce**, then stir through the **cooked chicken** and **noodles**. Toss to coat everything in the **sauce**, stirring frequently until piping hot, 2-3 mins. Add a splash of **water** if needed if it's a little dry.



## 6 Serve

When ready, share the **chicken stir-fry** between your bowls.

Enjoy!