



# Speedy Ginger Chicken Udon

with Pak Choi and Peanuts

**Quick** 20-25 Minutes • 1 of your 5 a day

16



Diced British Chicken Breast



Pak Choi



Garlic Clove



Ketjap Manis



Soy Sauce



Coleslaw Mix



Ginger Puree



Salted Peanuts



Udon Noodles

#### Pantry Items

Oil, Salt, Pepper, Tomato Ketchup, Butter



## 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, garlic press, bowl and rolling pin.

## Ingredients

| Ingredients                    | 2P        | 3P        | 4P        |
|--------------------------------|-----------|-----------|-----------|
| Diced British Chicken Breast** | 240g      | 390g      | 480g      |
| Pak Choi**                     | 1         | 2         | 2         |
| Garlic Clove**                 | 2         | 3         | 4         |
| Ketjap Manis <b>11</b>         | 50g       | 75g       | 100g      |
| Soy Sauce <b>11</b> <b>13</b>  | 15ml      | 25ml      | 30ml      |
| Coleslaw Mix**                 | 120g      | 240g      | 240g      |
| Ginger Puree                   | 15g       | 22g       | 30g       |
| Salted Peanuts <b>1</b>        | 25g       | 40g       | 50g       |
| Udon Noodles <b>13</b>         | 220g      | 330g      | 440g      |
| <b>Pantry</b>                  | <b>2P</b> | <b>3P</b> | <b>4P</b> |
| Tomato Ketchup                 | 2 tbsp    | 3 tbsp    | 4 tbsp    |
| Water for the Sauce*           | 50ml      | 75ml      | 100ml     |
| Butter*                        | 20g       | 30g       | 40g       |

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

## Nutrition

| Typical Values                 | Per serving | Per 100g    |
|--------------------------------|-------------|-------------|
| <b>for uncooked ingredient</b> | <b>474g</b> | <b>100g</b> |
| Energy (kJ/kcal)               | 2479 /593   | 523 /125    |
| Fat (g)                        | 18.1        | 3.8         |
| Sat. Fat (g)                   | 7.2         | 1.5         |
| Carbohydrate (g)               | 60.7        | 12.8        |
| Sugars (g)                     | 23.6        | 5.0         |
| Protein (g)                    | 44.7        | 9.4         |
| Salt (g)                       | 4.89        | 1.03        |

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

## Allergens

**1)** Peanut **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.

## Contact

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### Fry the Chicken

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** to the pan and season with **salt** and **pepper**.
- Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*



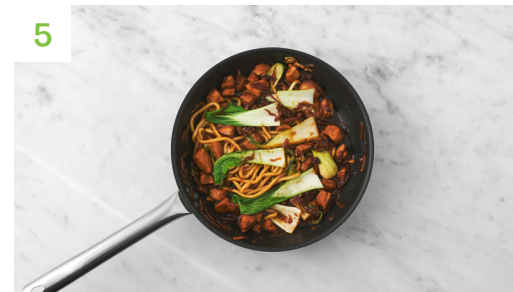
### Simmer your Sauce

- Add the **sauce mixture** to the pan.
- Bring to the boil, then simmer until slightly reduced, 2-3 mins.
- Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin.



### Prep Time

- Meanwhile, trim the **pak choi**, then separate the leaves. Cut any larger leaves in half lengthways down the middle.
- Peel and grate the **garlic** (or use a garlic press).
- In a small bowl, combine the **ketjap manis**, **soy sauce**, **ketchup** and **water for the sauce** (see pantry for both amounts). Set your **sauce mixture** aside.



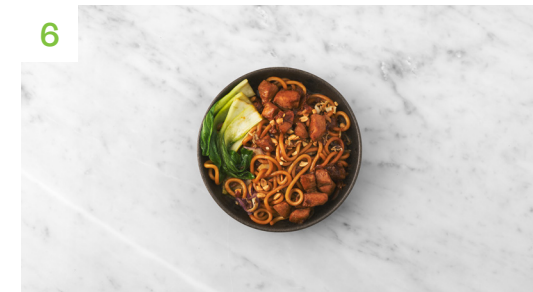
### Add the Udon

- Add the **udon noodles** to the pan.
- Toss to coat in the **sauce**, using a fork to gently separate them. Simmer until piping hot, 1-2 mins.
- Stir in the **butter** (see pantry for amount) until melted.



### Bring on the Veg

- Once the **chicken** has browned, add the **coleslaw mix**, **pak choi**, **garlic** and **ginger puree** to the pan.
- Cook, stirring, until fragrant, 1-2 mins.



### Serve Up

- Share the **chicken udon** between your bowls.
- Sprinkle over the **peanuts** to finish.

### Enjoy!