



Thai Style Peanut Chicken Noodles with Green Beans and Pepper

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

12



Garlic Clove



Green Beans



Green Pepper



Lime



Egg Noodle Nest



Diced British Chicken Breast



Soy Sauce



Peanut Butter



Yellow Thai Style Paste



Roasted White Sesame Seeds

Pantry Items

Oil, Salt, Pepper, Sugar

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, garlic press, measuring jug, saucepan, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Green Beans**	80g	120g	150g
Green Pepper**	1	1½	2
Lime**	½	1	1
Egg Noodle Nest 8 13	125g	187g	250g
Diced British Chicken Breast**	240g	390g	520g
Soy Sauce 11 13	15ml	25ml	30ml
Peanut Butter 1	30g	45g	60g
Yellow Thai Style Paste 11	45g	67g	90g
Roasted White Sesame Seeds 3	5g	7.5g	10g
Pantry	2P	3P	4P
Boiled Water for the Sauce*	150ml	225ml	300ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	436g	100g
Energy (kJ/kcal)	2534 /606	582 /139
Fat (g)	20.2	4.6
Sat. Fat (g)	3.5	0.8
Carbohydrate (g)	58.0	13.3
Sugars (g)	7.5	1.7
Protein (g)	45.7	10.5
Salt (g)	3.98	0.91

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


Allergens

1) Peanut **3)** Sesame **8)** Egg **11)** Soya **13)** Cereals containing gluten

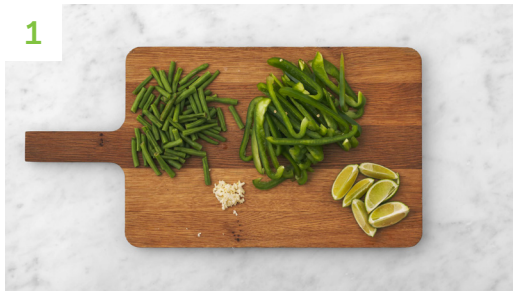
Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

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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Get Prepped

- Boil a full kettle.
- Peel and grate the **garlic** (or use a garlic press). Trim the **green beans**, then cut into thirds.
- Halve the **green pepper** and discard the core and seeds. Slice into thin strips.
- Cut the **lime** into **wedges** (see ingredients for amount).



Make the Peanut Sauce

- While the **chicken** cooks, in a jug or bowl, mix together the **boiled water** and **sugar for the sauce** (see pantry for both amounts), **soy sauce** and **peanut butter**. **TIP:** The peanut butter will loosen more when it warms up in the hot pan.



Cook the Noodles

- Pour the **boiled water for the sauce** (see pantry for amount) into a measuring jug.
- Pour the remaining **boiled water** into a medium saucepan with **½ tsp salt** and bring to the boil.
- 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.



Combine and Stir

- Once the **chicken** is cooked, add the **yellow Thai style paste** and **garlic** to the pan. Cook until fragrant, 1 min.
- Add the **cooked noodles** and **peanut sauce**, stirring until well combined, 2-3 mins. Add a splash of **water** to loosen the **sauce** if you needed.
- Add a generous squeeze of **lime juice**. Taste and season with **salt** and **pepper** if needed.



Time to Fry

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **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.
- Halfway through, add the **green beans** and **sliced pepper**. Cook for the remaining 4-5 mins.



Serve

- Share your **peanut noodles** between your bowls. Sprinkle over the **sesame seeds**.
- Serve with any remaining **lime wedges** alongside for squeezing over.

Enjoy!