



Super Quick Five Spice Chicken Noodles with Mushrooms and Green Beans

Super Quick 15 Minutes • Mild Spice • 1 of your 5 a day

7



Green Beans



Diced British Chicken Breast



Sliced Mushrooms



Chinese Five Spice



Egg Noodle Nest



Ketjap Manis



Soy Sauce



Rice Vinegar



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Honey, Tomato Ketchup

+ Double Chicken Breast

If you chose to double chicken breast, 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, saucepan and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|------------------------------------|----------|----------|-----------|
| Green Beans** | 150g | 200g | 300g |
| Diced British Chicken Breast** | 240g | 390g | 520g |
| Sliced Mushrooms** | 80g | 120g | 180g |
| Chinese Five Spice | 1 sachet | 1 sachet | 2 sachets |
| Egg Noodle Nest 8 13 | 125g | 187g | 250g |
| Ketjap Manis 11 | 50g | 75g | 100g |
| Soy Sauce 11 13 | 25ml | 40ml | 50ml |
| Rice Vinegar | 15ml | 22.5ml | 30ml |
| Diced British Chicken Breast** | 240g | 390g | 520g |
| Pantry | 2P | 3P | 4P |
| Water for the Sauce* | 75ml | 115ml | 150ml |
| Honey* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Tomato Ketchup* | 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 | 398g | 100g | 518g | 100g |
| Energy (kJ/kcal) | 2183 / 522 | 548 / 131 | 2780 / 664 | 536 / 128 |
| Fat (g) | 3.7 | 0.9 | 5.9 | 1.1 |
| Sat. Fat (g) | 1.2 | 0.3 | 1.8 | 0.3 |
| Carbohydrate (g) | 77.0 | 19.3 | 77.1 | 14.9 |
| Sugars (g) | 26.2 | 6.6 | 26.4 | 5.1 |
| Protein (g) | 41.9 | 10.5 | 70.9 | 13.7 |
| Salt (g) | 5.48 | 1.38 | 5.60 | 1.08 |

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


Allergens

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



Fry Chicken

- Boil a full kettle. Pour it into a saucepan with $\frac{1}{2}$ tsp salt on high heat.
- Cut the **green beans** into thirds.
- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **diced chicken, green beans, mushrooms** and **Chinese Five Spice**, 6-8 mins. Season with **salt** and **pepper**. **IMPORTANT: Wash hands and utensils after handling raw meat.**

+ Double Chicken Breast

If you're doubling up on **chicken**, cook the recipe in the same way.

3



Stir Sauce

- Next, stir in the **ketjap manis, soy, rice vinegar, water, honey** and **ketchup** (see pantry) into the **chicken**.
- Stir-fry, 1-2 mins. **IMPORTANT: It's cooked when there's no pink in the middle.**

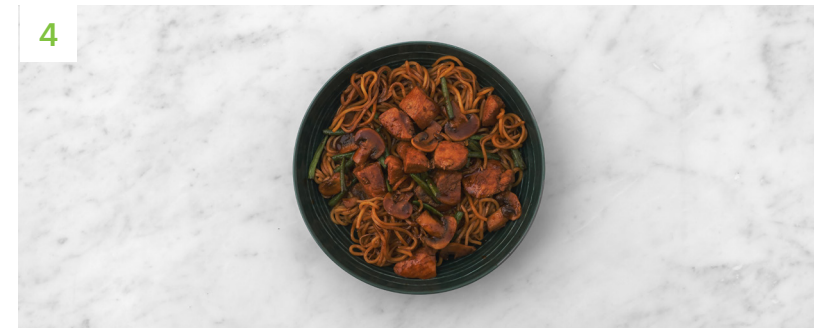
2



Simmer Noodles

- Meanwhile, boil the **noodles**, 4 mins.
- Once cooked, drain and run under **cold water**.

4



Dinner's Ready!

- Add the **noodles** to the **sauce**. Toss to coat.
- Heat up, 1-2 mins. Add a splash of **water** if needed.
- Share between your bowls.

Enjoy!