













Bulgogi Chicken Stir-Fry

with Noodles, Green Beans and Peanuts

Calorie Smart Eat Me Early • 25 Minutes • 2 of your 5 a day • Under 600 calories



-  Bell Pepper
-  Garlic Clove
-  Spring Onion
-  Lime
-  Salted Peanuts
-  Green Beans
-  Chicken Thigh
-  Noodles
-  Bulgogi Sauce
-  Soy Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Garlic Press, Zester, Frying Pan, Colander and Bowl.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Garlic Clove	1	1	2
Spring Onion**	2	3	4
Lime**	1	1	1
Salted Peanuts 1)	25g	25g	50g
Green Beans**	80g	120g	150g
Chicken Thigh**	210g	350g	420g
Noodles 8) 13)	2 nest	3 nest	4 nest
Bulgogi Sauce 11)	100g	175g	200g
Soy Sauce 11) 13)	1 sachet	1½ sachet	2 sachet

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	425g	100g
Energy (kJ/kcal)	2063 /493	485 /116
Fat (g)	20	5
Sat. Fat (g)	4	1
Carbohydrate (g)	48	11
Sugars (g)	23	5
Protein (g)	31	7
Salt (g)	2.56	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Prep Time

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onions**. Zest and cut the **lime** into **wedges**. Roughly chop the **peanuts**. Trim the **green beans** then chop into thirds.



Cook the Veg

Add the **pepper** and **green beans** to the pan. Stir-fry until they begin to soften, 5-6 mins. Once the **veggies** have softened, stir in the **garlic**, **lime zest**, **bulgogi sauce** and **soy sauce**. Stir-fry until piping hot, 1-2 mins.



Cook the Chook

Bring a large saucepan of **water** to the boil with ¼ tsp **salt** for the **noodles**. Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once the **oil** is hot, add the **diced chicken thigh** to the pan and season with **salt** and **pepper**. Fry until golden brown on the outside and cooked through, 5-6 mins. **IMPORTANT:** Wash your hands after handling chicken and its packaging. The chicken is cooked when it is no longer pink in the middle.



Add the Noodles

Once the **noodles** have cooked, add them to the pan with the **chicken**. Toss to coat and cook until piping hot, 1-2 mins. **TIP:** Add a splash of **water** if the **noodles** look a little dry.



Cook the Noodles

When boiling, add the **noodles** to the **water** and cook until tender, 3- 4 mins. Once cooked, drain in a colander. **TIP:** Run the noodles under cold water to stop them sticking together.



Serve

Share the **Bulgogi chicken noodles** between your bowls. Sprinkle over the **peanuts** and **spring onion**. Serve with a wedge of **lime** on the side.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.