



Bulgogi Chicken Stir-Fry with Noodles, Green Beans and Peanuts

Rapid 20 Minutes • 2 of your 5 a day

16



Bell Pepper



Garlic Clove



Lime



Salted Peanuts



Green Beans



Egg Noodle Nest



Diced Chicken Thigh



Bulgogi Sauce



Soy Sauce

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, fine grater, rolling pin, saucepan, frying pan and colander.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Garlic Clove**	1	1	2
Lime**	1	1	1
Salted Peanuts 1)	25g	25g	50g
Green Beans**	80g	120g	150g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Diced Chicken Thigh**	210g	350g	390g
Bulgogi Sauce 11)	100g	175g	200g
Soy Sauce 11) 13)	25ml	37ml	50ml

*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

Typical Values	Per serving	Per 100g
for uncooked ingredient	412g	100g
Energy (kJ/kcal)	2702 /646	656 /157
Fat (g)	20.8	5.1
Sat. Fat (g)	4.6	1.1
Carbohydrate (g)	78.7	19.1
Sugars (g)	24.2	5.9
Protein (g)	39.9	9.7
Salt (g)	4.32	1.05

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

Allergens

1) Peanut 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, milk, egg, mustard, celery, soya, 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.

Contact

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Get Prepped

- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press).
- Zest and cut the **lime** into wedges. Crush the **peanuts** in the unopened sachet using a rolling pin.
- Trim the **green beans** and chop into thirds.



Bring on the Veg

- Add the **pepper** and **green beans** to the **chicken** pan. Stir-fry until they start to soften, 5-6 mins.
- Once the **veg** has softened, stir in the **garlic**, **lime zest**, **bulgogi sauce** and **soy sauce**.
- Stir-fry until everything is piping hot and the **chicken** is cooked through, 1-2 mins.
IMPORTANT: The chicken is cooked when no longer pink in the middle.



Fry the Chicken

- Bring a large saucepan of **water** to the boil with $\frac{1}{4}$ **tsp salt** for the **noodles**.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **diced chicken** and season with **salt** and **pepper**. Fry until golden brown on the outside, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Combine and Stir

- Once the **noodles** are cooked, add them to the **chicken stir-fry**.
- Toss to coat in the **sauce** and cook until piping hot, 1-2 mins, adding a splash of **water** if you feel it needs it.



Cook the Noodles

- Meanwhile, when your pan of **water** is boiling, add the **noodles** 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**.
- Serve with a **lime wedge** on the side for squeezing over.

Enjoy!