

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

Family 20 Minutes • 2 of your 5 a day





Bell Pepper





Spring Onion







Lime





Green Beans

Salted Peanuts



Diced Chicken



Egg Noodle Nest

Thigh



Bulgogi Sauce



Soy Sauce



Pantry Items Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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.

Cooking tools

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

Ingredients

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
Diced Chicken Thigh**	210g	350g	390g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Bulgogi Sauce 11)	100g	175g	200g
Soy Sauce 11) 13)	25ml	37ml	50ml
Diced Chicken Breast**	260g	390g	520g
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*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	430g	100g
Energy (kJ/kcal)	2720 /650	633/151
Fat (g)	20.5	4.8
Sat. Fat (g)	4.2	1.0
Carbohydrate (g)	79.0	18.4
Sugars (g)	24.9	5.8
Protein (g)	40.2	9.4
Salt (g)	4.37	1.02
Custom Recipe	Per serving	Per 100g
Custom Recipe for uncooked ingredient	Per serving 455g	Per 100g 100g
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for uncooked ingredient	455g	100g
for uncooked ingredient Energy (kJ/kcal)	455g 2634/630	100g 579 /138
for uncooked ingredient Energy (kJ/kcal) Fat (g)	455g 2634 /630 12.8	100g 579 /138 2.8
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	455g 2634/630 12.8 2.3	100g 579 /138 2.8 0.5
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	455g 2634/630 12.8 2.3 79.0	100g 579/138 2.8 0.5 17.3

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

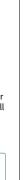
Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

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.

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Get Prepped

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



Fry the Chicken

- a) Bring a large saucepan of water to the boil with½ tsp salt for the noodles.
- **b)** Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- c) 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.



If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Cook the Noodles

- **a)** Meanwhile, when your pan of **water** is boiling, add the **noodles** and cook until tender, 3-4 mins.
- **b)** Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Bring on the Veg

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



Combine and Stir

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



Serve

- **a)** Share the **bulgogi chicken noodles** between your bowls.
- **b)** Sprinkle over the **peanuts** and **spring onion** for those who'd like them.
- **c)** Serve with a **lime wedge** on the side for squeezing over.

Enjoy!

