



Chicken and Peanut Butter Noodles

with Broccoli and Red Pepper

N° 17

RAPID 20 Minutes • Medium Heat • 1.5 of your 5 a day



Garlic Clove



Spring Onion



Red Chilli



Lime



Broccoli



Red Pepper



Diced Chicken Thigh



Egg Noodle Nest



Ketjap Manis



Soy Sauce



Peanut Butter

Before you start

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

Basic cooking tools, you will need:

Large Frying Pan, Fine Grater (or Garlic Press), Saucepan, Sieve and Measuring Jug.

Ingredients

| | 2P | 3P | 4P |
|------------------------|----------|------------|-----------|
| Garlic Clove** | 2 | 3 | 4 |
| Spring Onion** | 1 | 1½ | 2 |
| Red Chilli** | ½ | ¾ | 1 |
| Lime** | 1 | 1½ | 2 |
| Broccoli** | ½ | ¾ | 1 |
| Red Pepper** | 1 | 2 | 2 |
| Diced Chicken Thigh** | 280g | 420g | 560g |
| Egg Noodle Nest 8) 13) | 2 | 3 | 4 |
| Ketjap Manis 11) 13) | 1 sachet | 1½ sachets | 2 sachets |
| Soy Sauce 11) 13) | 1 sachet | 1½ sachets | 2 sachets |
| Peanut Butter 1) | 1 sachet | 1½ sachets | 2 sachets |
| Water for the Sauce* | 50ml | 75ml | 100ml |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 453g | 100g |
| Energy (kJ/kcal) | 2795 /668 | 617 /147 |
| Fat (g) | 20 | 5 |
| Sat. Fat (g) | 4 | 1 |
| Carbohydrate (g) | 66 | 15 |
| Sugars (g) | 16 | 4 |
| Protein (g) | 56 | 12 |
| Salt (g) | 3.40 | 0.75 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Cook the Chicken

a) Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **chicken** and cook, stirring regularly, until browned and cooked through, 6-8 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*

b) Transfer the **chicken** to a plate but keep the pan. Meanwhile, fill and boil your kettle.



2. Get Prepped

a) Peel and grate the **garlic** (or use a garlic press). Trim the **spring onion** then slice thinly. Halve the **chilli** lengthways, deseed then finely chop. Zest the **lime** and cut into wedges.

b) Chop the **broccoli** into florets (like small trees!) halve the **florets**. Halve the **pepper** and discard the core and seeds. Slice into thin strips.



3. Cook your Veggies

a) Put the now empty frying pan back on high heat and, when hot, add the **broccoli** and **pepper** and stir-fry until golden, 4-5 mins.

b) Meanwhile, bring a saucepan of **water** up to the boil with the water from your kettle and a pinch of **salt** for the **noodles**.

c) When boiling, add the **noodles** and cook for 4 mins. Drain in a sieve and drizzle with **oil** to prevent them sticking together.



4. Make Peanut Butter Sauce

a) Add the **garlic** and as much **chilli** as you dare to the pan with the **broccoli**. Stir-fry for 1 min then add a splash of **water** to help the vegetables cook through.

b) Meanwhile, combine the **ketjap manis**, **soy sauce** and **peanut butter** in a jug with **water** (see ingredients for amounts).



5. Finish Up

a) Return the **chicken** to the pan and add the **noodles** and **peanut sauce mixture**.

b) Mix together and cook until everything is piping hot, 2-3 mins.



6. Serve Up!

a) Divide the **stir-fry** between plates, sprinkle over the **lime zest**, **spring onion** and any remaining **chilli**. Serve with the **lime wedges** for squeezing over.

Enjoy!