



# Chicken and Broccoli Stir-Fry with Noodles

Rapid Eat Me Early • 20 Minutes • Little Spice • 2 of your 5 a day

16



Diced Chicken Thigh



Garlic Clove



Spring Onion



Red Chilli



Lime



Broccoli



Bell Pepper



Egg Noodle Nest



Ketjap Manis



Soy Sauce



Peanut Butter



Diced Chicken Breast



### 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.

## Before you start

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

## Cooking tools, you will need:

Frying Pan, Garlic Press, Saucepan, Sieve, Measuring Jug.

## Ingredients

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

Diced Chicken Breast**	280g	420g	560g
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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

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>452g</b>	<b>100g</b>
Energy (kJ/kcal)	2193 /524	485 /116
Fat (g)	23	5
Sat. Fat (g)	5	1
Carbohydrate (g)	38	8
Sugars (g)	14	3
Protein (g)	42	9
Salt (g)	3.10	0.67

Custom Recipe	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>452g</b>	<b>100g</b>
Energy (kJ/kcal)	1876 /447	415 /99
Fat (g)	12	3
Sat. Fat (g)	2	1
Carbohydrate (g)	38	8
Sugars (g)	14	3
Protein (g)	47	11
Salt (g)	3.10	0.69

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.

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## 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, 8-10 mins.

**b) IMPORTANT:** *Wash your hands after handling chicken and its packaging. The chicken is cooked when it is no longer pink in the middle.*

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

 **CUSTOM RECIPE**

**a)** If you've opted to get **diced chicken breast** instead of **diced chicken thigh**, cook the recipe in the same way it tells you to cook the **chicken thigh**.



## Stir-Fry

**a)** Add the **garlic** and the **chilli** to the **broccoli** (use less **chilli** if you don't like heat). Stir-fry for 1 min then add a splash of **water** to help the **vegetables** cook through.

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



## Get Prepped

**a)** Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onions**. Halve the **chilli** lengthways, deseed then finely chop.

**b)** Zest the **lime** and cut into **wedges**.

**c)** Chop the **broccoli** into florets (like small trees). Halve the florets.

**d)** Halve the **pepper** and discard the core and seeds. Slice into thin strips.



## 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.



## 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 **¼ tsp** of **salt** for the **noodles**.

**c)** When boiling, add the **noodles** and cook until tender, 4 mins. Once cooked, drain in a sieve and drizzle with **oil** to prevent them sticking together.



## Serve Up

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

**b)** Serve with the **lime wedges** for squeezing over.

## 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.