



# Chicken Thigh Chow Mein

with Peppers and Green Beans

**Rapid** 20 Minutes • Little Heat • 1 of your 5 a day

1



Bell Pepper



Green Beans



Egg Noodle Nest



Diced Chicken Thigh



Diced Chicken Breast



Ketchup



Chow Mein Paste



Chow Mein Garnish



### 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

### Cooking tools, you will need:

Saucepan, Colander and Frying Pan.

### Ingredients

	2P	3P	4P
Bell Pepper**	1	2	2
Green Beans**	1 small pack	1 large pack	2 small packs
Egg Noodle Nest <b>8) 13)</b>	2 nests	3 nests	4 nests
Diced Chicken Thigh**	280g	420g	560g
 Diced Chicken Breast**	280g	420g	560g
Ketjap Manis <b>11) 13)</b>	1 sachet	1½ sachets	2 sachets
Chow Mein Paste <b>5) 7) 11) 13)</b>	1 pot	1½ pot	2 pots
Chow Mein Garnish	1 pot	1½ pots	2 pots

\*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	403g	100g
Energy (kJ/kcal)	2577 /616	640 /153
Fat (g)	17	4
Sat. Fat (g)	4	1
Carbohydrate (g)	74	18
Sugars (g)	22	6
Protein (g)	41	10
Salt (g)	4.23	1.05
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
for uncooked ingredient	403g	100g
Energy (kJ/kcal)	2259 /540	561 /134
Fat (g)	6	2
Sat. Fat (g)	1	1
Carbohydrate (g)	74	18
Sugars (g)	22	6
Protein (g)	47	12
Salt (g)	4.23	1.05

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens


**5) Crustaceans 7) Milk 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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Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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### Prep the Veggies

- Fill and boil your kettle.
- Halve the **pepper** and remove the core and seeds. Slice into thin strips.
- Trim the **green beans** then chop into thirds.



### Cook the Noodles

- Add the **noodles** to a saucepan, cover with boiling **water** and pop on medium high heat.
- Simmer until tender, 4 mins.
- Drain in a colander, drizzle with **oil** and set aside.



### Start the Stir-Fry

- Meanwhile, heat a splash of **oil** in a large frying pan on high heat.
- Add the **diced chicken**, season with **salt** and **pepper** and stir-fry until golden, 4-5 mins.
- Add the **pepper** and **green beans**.
- Stir-fry until the **chicken** is cooked, another 5-6 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



### CUSTOM RECIPE

If you've chosen to receive **diced chicken breast** instead of **diced chicken thigh**, just cook it the same way the recipe tells you to cook the **diced thigh** in the step above and in the rest of the recipe.



### Add the Sauce

- Lower the heat to medium, stir in the **ketjap manis**, 1 tbsp **water** per person, the **chow mein paste** and garnish.
- Stir-fry for 1 minute to dissolve.



### Add the Noodles

- Add the **noodles** and stir through until piping hot. **TIP:** *Add a splash of water if you feel it needs loosening up.*



### Serve

- Serve the **chicken chow mein** in bowls.

Enjoy!