



Chicken & Plum Noodle Stir-Fry with Bok Choy

Classic 20 Minutes • 1 of your 5 a day • Little Spice

1



Egg Noodle Nest



Diced Chicken Thigh



Plum



Bok Choy



Spring Onion



Garlic Clove



Ginger Puree



Chilli Flakes



Hoisin Sauce



Ketjap Manis



Salted Peanuts



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:

Saucepan, Sieve, Frying Pan, Garlic Press.

Ingredients

	2P	3P	4P
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Diced Chicken Thigh**	280g	420g	560g
Plum**	2	3	4
Bok Choy**	1 pack	1½ packs	2 packs
Spring Onion**	1	2	2
Garlic Clove	1	2	2
Sugar*	1 tsp	1½ tsp	2 tsp
Ginger Puree	½ sachet	¾ sachet	1 sachet
Chilli Flakes	1 pinch	1 pinch	1 pinch
Hoisin Sauce 3) 11)	1 sachet	1 sachet	2 sachets
Ketjap Manis 11) 13)	1 sachet	2 sachets	2 sachets
Salted Peanuts 1)	25g	40g	50g
 Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	393g	100g
Energy (kJ/kcal)	2783 /665	708 /169
Fat (g)	22	6
Sat. Fat (g)	5	1
Carbohydrate (g)	76	19
Sugars (g)	26	7
Protein (g)	43	11
Salt (g)	2.54	0.65
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	391g	100g
Energy (kJ/kcal)	2433 /582	622 /149
Fat (g)	11	3
Sat. Fat (g)	2	1
Carbohydrate (g)	73	19
Sugars (g)	24	6
Protein (g)	48	12
Salt (g)	2.54	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 3) Sesame 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 Noodles

a) Bring a saucepan of **water** up to the boil with 1/2 tsp of **salt** for the **noodles**.

b) When boiling, add the **noodles** and cook for 4 mins.

c) Drain in a sieve, return to the pan (off the heat) and cover with cold **water** - this will stop them sticking.



Fry the Chicken

a) Meanwhile, heat a drizzle of **oil** in a large frying pan or wok on medium-high heat.

b) When hot, add the **diced chicken** and season with **salt** and **pepper**. Fry, stirring occasionally, until browned, 4-5 mins.

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.



Stir-Fry Time

a) Lower the heat to medium and add the **plums** and **sugar** (see ingredients for amount) to the pan with the **chicken**.

b) Stir-fry until the **plums** start to colour, 1-2 mins.

c) Stir in the **garlic** and **ginger puree** along with **half the spring onion** and as much **chilli flakes** as you like (careful - they're hot!).

d) Stir-fry for another minute.



Finish Up

a) Add the **bok-choy** and stir-fry until just soft, 1-2 mins.

b) Stir in the **hoisin sauce**, **ketjap manis** and 1 tbsp **water** per person, ensuring everything is well coated.

c) Drain the **noodles** and add them to the pan. Stir together and cook until everything is piping hot, 1-2 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Prep

a) Meanwhile, halve the **plums**, remove the stones and chop each half into **three wedges**.

b) Trim the **bok choy** then thinly slice widthways.

c) Trim and thinly slice the **spring onion**.

d) Peel and grate the **garlic** (or use a garlic press).



Serve

a) Divide the **chicken** and **plum noodles** between your bowls and scatter over the **peanuts** and remaining **spring onion**.

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.