



CHICKEN CHOW MEIN

with Peppers and Beansprouts



HELLO BEANSPROUTS

Beansprouts are made using mung and soya beans. These have been sprouting in China for 3000 years!



Spring Onion



Green Pepper



Red Pepper



Oyster Sauce



Tomato Ketchup



Soy Sauce



Diced Chicken Thigh



Egg Noodle Nest



Easy Ginger



Easy Garlic



Beansprouts

MEAL BAG



Hands on: **10** mins
Total: **35** mins



Family Box



2 of your
5 a day



Enjoy within **3**
days

Swap the takeaway for the real deal with tonight's delicious Chicken Chow Mein. Bursting with fresh, good-for-you ingredients (lots of hidden veggies for the kids) and on the table in 35 minutes, this is a great recipe to knock together for a quick-fix family dinner. When you can get full on flavour in double quick time, you know you're onto a winner.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, **Frying Pan** and a **Colander**. Now, let's get cooking!



1 PREP TIME!

Put a large saucepan of water with a pinch of **salt** on to boil for the **noodles**. Remove the root from the **spring onion** and thinly slice, separating the **white** and **green** parts. Halve, then remove the core from the **green pepper** and **red pepper** (for 3 or 4 people) and thinly slice. Mix the **oyster sauce**, **ketchup** and **soy sauce** together in a small bowl.



2 FRY THE CHICKEN

Heat a drizzle of **oil** in a frying pan or wok on medium-high heat. Add the **chicken** and season with a pinch of **salt** and **black pepper**. Cook, stirring occasionally, until browned, 6-8 mins. **★ TIP:** You may need to do this in batches - you want the chicken to brown not stew!



3 COOK THE NOODLES

Meanwhile, add the **noodles** to the boiling water and simmer until cooked, 4 mins. Once cooked, drain in a colander, pop them back into your pan and fill with cold water. **★ TIP:** This will stop them cooking anymore.



4 ADD THE PEPPERS

Once all the **chicken** is cooked, **★ TIP:** The chicken is cooked when it is no longer pink in the middle. Add the **peppers**. Stir together and cook until the **peppers** are softened, 4-5 mins. Add the **garlic**, **ginger** and the **whites** of the **spring onion**. Stir-fry for 1 minute, then add the **sauce** you made in step 1. **★ TIP:** Add 2 tbsp of water if the sauce is looking a little too thick. Stir together and bring to a simmer.



5 NOW THE BEANSPOUTS

Drain the **noodles** in the colander and add them to the frying pan along with the **beansprouts**. Stir thoroughly ensuring the sauce coats all of the **noodles**. Cook until piping hot. **★ TIP:** If the kids don't like beansprouts, serve the chow mein after heating the noodles, then add the beansprouts to the pan, heat until piping hot again and then serve the adults.



6 FINISH AND SERVE

Serve the **chow mein** in bowls with a sprinkling of the **greens** of the **spring onion** for the adults (and kids if they like them!). **Enjoy!**

4 PEOPLE INGREDIENTS

Spring Onion, sliced	3
Green Pepper, sliced	1
Red Pepper, sliced	1
Oyster Sauce 4) 11)	1 tbsp
Tomato Ketchup 10)	4 tbsp
Soy Sauce 11) 13)	3 tbsp
Diced Chicken Thigh	560g
Egg Noodle Nest 8) 13)	4
Easy Ginger	2 tsp
Easy Garlic	1 tsp
Beansprouts	1 pack

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 429G	PER 100G
Energy (kcal)	595	139
(kJ)	2511	585
Fat (g)	13	3
Sat. Fat (g)	3	1
Carbohydrate (g)	68	16
Sugars (g)	15	4
Protein (g)	52	12
Salt (g)	5.00	1.16

ALLERGENS

4) Fish 8) Egg 10) Celery 11) Soya 13) Gluten

Soy Sauce: Water, **Soy** beans, **Wheat**, Salt, Sodium Benzoate.

Oyster Sauce: Glucose Syrup, Dark Brown Sugar, **Soy** Sauce (Water, **Soy**beans, Salt and Spirit Vinegar), Yeast Extract, Water, Salt, Mushroom Juice Concentrate, Cornflour, **Anchovy** Essence (**Anchovies** (**Fish**), Salt, Emulsifier: Gum Tragacanth, Acetic Acid), Seaweed Powder.

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

