



Chicken Chow Mein

with Peppers and Green Beans

RAPID 20 Minutes • Little Heat • 1 of your 5 a day

N° 14



Red Pepper



Green Beans



Egg Noodle Nest



Diced Chicken Thigh



Ketjap Manis



Chow Mein Paste



Chow Mein Garnish

Before you start

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

Basic cooking tools you will need:

Saucepan, Colander and Large Frying Pan.

Ingredients

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

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	395g	100g
Energy (kJ/kcal)	2536 /606	642 /153
Fat (g)	17	4
Sat. Fat (g)	4	1
Carbohydrate (g)	73	18
Sugars (g)	22	6
Protein (g)	41	10
Salt (g)	4.23	1.07

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. 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.



4. 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.



2. 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.



5. 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.



3. 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.



6. Serve

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

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.