



Chicken & Plum Stir-Fry with Bok Choy and Noodles

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day

16



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.

Happy cooking!

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, Colander, Frying Pan and 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	1½	2
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	2 pinch	2 pinches
Hoisin Sauce 11)	1 sachet	1 sachet	2 sachets
Ketjap Manis 11)	1 sachet	2 sachets	2 sachets
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp
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	390g	100g
Energy (kJ/kcal)	2132/510	546/131
Fat (g)	21	5
Sat. Fat (g)	5	1
Carbohydrate (g)	43	11
Sugars (g)	23	6
Protein (g)	37	10
Salt (g)	2.30	0.59
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	391g	100g
Energy (kJ/kcal)	1816/434	465/111
Fat (g)	10	3
Sat. Fat (g)	2	1
Carbohydrate (g)	43	11
Sugars (g)	23	6
Protein (g)	43	11
Salt (g)	2.30	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 11) Soya 13) Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Cook the Noodles

a) Bring a saucepan of **water** to the boil with **½ tsp salt** for the **noodles**.

b) When boiling, add the **noodles** and bring back to the boil. Cook until tender, 4 mins.

c) Once cooked, drain in a colander. **TIP:** Run the noodles under cold water to stop them sticking together.



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. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging.

 **CUSTOM RECIPE**
If you've chosen to get **chicken breast** instead of **chicken thigh**, cook the recipe in the same way.



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 many **chilli flakes** as you like (careful - they're hot).

d) Stir-fry for another min.



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 **water for the sauce** (see ingredients for amount), ensuring everything is well coated.

c) Add the **cooked noodles** 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 stir-fry** between your bowls.

b) Scatter over the **peanuts** and remaining **spring onion** to serve.

Enjoy!