



Chinese-Style Chicken Noodles

with Green Beans and Pepper

FAMILY Hands on Time: 30 Minutes • Total Time: 30 Minutes • 1 of your 5 a day



Yellow Pepper



Green Beans



Red Chilli



Coriander



Lime



Soy Sauce



Ketchup



Honey



Egg Noodles



Diced Chicken Thigh

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Colander and Large Frying Pan.

Ingredients

	2P	3P	4P
Yellow Pepper**	1	1	2
Green Beans**	1 small pack	1 large pack	2 small packs
Red Chilli**	½	½	½
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1	1	1
Soy Sauce 11 13)	1 sachet	1½ sachets	2 sachets
Ketchup 10)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Egg Noodles 8 13)	2 nests	3 nests	4 nests
Diced Chicken Thigh**	280g	420g	560g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	438g	100g
Energy (kJ/kcal)	2358 /564	538 /129
Fat (g)	15	3
Sat. Fat (g)	4	1
Carbohydrate (g)	70	16
Sugars (g)	19	4
Protein (g)	41	9
Salt (g)	3.56	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg **10)** Celery **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

Bring a large saucepan of **water** to the boil with ¼ tsp of **salt** for the noodles. Halve the **yellow pepper** and discard the core and seeds. Slice into thin strips. Trim the **green beans** and chop into thirds. Halve the **chilli** lengthways, de-seed then slice thinly. Roughly chop the **coriander** (stalks and all). Chop the **lime** into 4 wedges. In a small bowl combine the **soy sauce**, **ketchup** and **honey**.



4. Fry the Veg

Lower the heat slightly and add the **peppers** and **beans**. Stir-fry until the **veggies** are soft and the **chicken** is cooked through, 5-6 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



2. Cook the Noodles

Add the **noodles** to the pan of boiling **water** and cook until tender, 4 mins. Drain in a colander, return to the pan off the heat and drizzle with **oil** to stop them sticking together. Set aside.



5. Finish Up

Add the **sauce** you made earlier to the pan. Drain the **noodles** again and add these into the pan as well. Toss everything together to ensure everything is well coated in **sauce** and the **noodles** are piping hot. Season to taste with **salt** and **pepper**. **TIP:** *Add a splash of water if it's a bit dry.*



3. Fry the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan or wok over high heat. When really hot, add the **chicken**, season with **salt** and **pepper** and stir-fry until browned all over, 3-4 mins.



6. Serve

Serve the **chicken noodles** in bowls. Scatter on the **coriander** and **chilli** (use as much as you dare!) and pop a **lime wedge** on each bowl for squeezing over. **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.