



# CHINESE CHICKEN NOODLES

with Green Beans and Pepper



Red Pepper



Green Beans



Red Chilli



Coriander



Lime



Soy Sauce



Tomato Ketchup



Honey



Egg Noodle Nests



Diced Chicken Thigh

MEAL BAG

18

Hands on: **25** mins  
Total: **30** mins

2 of your  
5 a day

Family Box

Recreate this classic Chinese noodle dish in less time than it takes for you to decide what you want for dinner. Red peppers, green beans, lime juice and fresh coriander keep the flavours of this dish lovely and light, whilst the glossy honey and soy sauce dressing brings the flavours to life. Requiring minimal washing up and on the table in just 30 minutes, this is a quick-fix dinner that delivers on taste and time.



## HELLO TOMATO KETCHUP

Late 19th century Americans considered tomato ketchup a sort of medicine or tonic.



## BEFORE YOU START

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



### 1 DO THE PREP

Put a large saucepan of water with a pinch of **salt** on to boil for the **noodles**. Halve, then remove the core from the **pepper** and thinly slice. Trim the **green beans** and chop into thirds. Halve the red **chilli** lengthways, deseed and finely slice. Roughly chop the **coriander** (stalks and all). Chop the **lime** into four wedges. In a small bowl combine the **soy sauce**, **ketchup** and **honey**.



### 2 COOK THE NOODLES

Add the **noodles** to the pan of boiling water and cook for 3-4 mins. Drain in a colander, return to the pan off the heat and cover with cold water to stop them cooking anymore. Set aside.



### 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.



### 4 ADD THE VEGGIES

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



### 5 FINISH UP

Add the **sauce** to the pan. Drain the **noodles** again and add these to the pan as well. Toss well to ensure everything is coated in sauce and the **noodles** are piping hot. Season to taste with **salt** and **pepper**.



### 6 SERVE

Serve the **chicken noodles** in bowls. Scatter the **coriander** and **chilli** (use as much as you dare!) on the adults' bowls, leaving the kids' plain (unless they like a bit of heat!). Pop a **lime** wedge on each bowl for squeezing over.

**ENJOY!**

## 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red 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	½	¾	1
Soy Sauce 11) 13)	1 sachet	2 sachets	3 sachets
Tomato Ketchup 10)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Egg Noodle Nests 8) 13)	2	3	4
Diced Chicken Thigh	280g	420g	560g

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 422G	PER 100G
Energy (kcal)	577	137
(kJ)	2412	572
Fat (g)	13	3
Sat. Fat (g)	3	1
Carbohydrate (g)	66	16
Sugars (g)	18	4
Protein (g)	51	12
Salt (g)	3.20	0.76

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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### THUMBS UP OR THUMBS DOWN?

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