



# 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:

Saucepan, Colander and 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 <b>11</b> <b>13</b> )	1 sachet	2 sachets	2 sachets
Ketchup <b>10</b> )	1 sachet	1 sachet	2 sachets
Honey	1 sachet	2 sachets	2 sachets
Egg Noodles <b>8</b> <b>13</b> )	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 ingredient	440g	100g
Energy (kJ/kcal)	2358/564	536/128
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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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.