



# Speedy Chicken Noodles

with Sugar Snap Peas and Red Pepper

**RAPID** 15 Minutes • 1 of your 5 a day

N° 14



Egg Noodles



Diced Chicken Breast



Red Pepper



Spring Onion



Lime



Sugar Snap Peas



Ketjap Manis



Soy Sauce



Salted Peanuts

## Before you start

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

### Basic cooking tools you will need:

Saucepan, Sieve and Frying Pan.

### Ingredients

	2P	3P	4P
Egg Noodles <b>8</b> <b>13</b> )	1 pack	2 packs	2 packs
Diced Chicken Breast**	280g	420g	560g
Red Pepper**	1	2	2
Spring Onion**	2	3	4
Lime**	½	1	1
Sugar Snap Peas**	1 small pack	1 large pack	1 large pack
Ketjap Manis <b>11</b> <b>13</b> )	1 sachet	1½ sachets	2 sachets
Soy Sauce <b>11</b> <b>13</b> )	1 sachet	1½ sachets	2 sachets
Salted Peanuts <b>1</b> )	1 bag	1 bag	2 bags

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	394g	100g
Energy (kJ/kcal)	2272 /543	577 /138
Fat (g)	11	3
Sat. Fat (g)	2	1
Carbohydrate (g)	66	17
Sugars (g)	16	4
Protein (g)	50	13
Salt (g)	3.65	0.93

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

1) Peanut **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. Cook the Noodles

- Fill and boil your kettle.
- Fill a saucepan with boiling **water** and bring back to the boil on high heat.
- Add the **noodles** and boil for 4 mins.

**d)** When cooked, drain in a sieve. Return the **noodles** to the pan and refill with cold water. **TIP:** This will stop the noodles from sticking together!



## 4. Stir-fry Time

- Add the **red pepper**, **sugar snap peas** and **half** the **spring onions** to the **chicken** and stir-fry for another 3-4 mins.



## 2. Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan or wok over high heat.
- When hot, add the **chicken** and fry, stirring occasionally, until starting to brown, 4-5 mins.



## 5. Finish up

- Drain the **noodles**, then add to the pan along with the **ketjap manis** and **soy sauce**.
- Toss everything together until piping hot and the **chicken** is cooked, another 2-3 mins. **TIP:** Add a splash of water if you feel it needs it. **IMPORTANT!** The chicken is cooked when no longer pink in the middle!



## 3. Chop Chop!

- Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Trim the **spring onions** and thinly slice. Cut the **lime** into wedges.



## 6. Serve

- Add **salt** and **pepper** to taste. Serve the stir-fry in bowls topped with the remaining **spring onions**, **peanuts** and **lime wedges** 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.