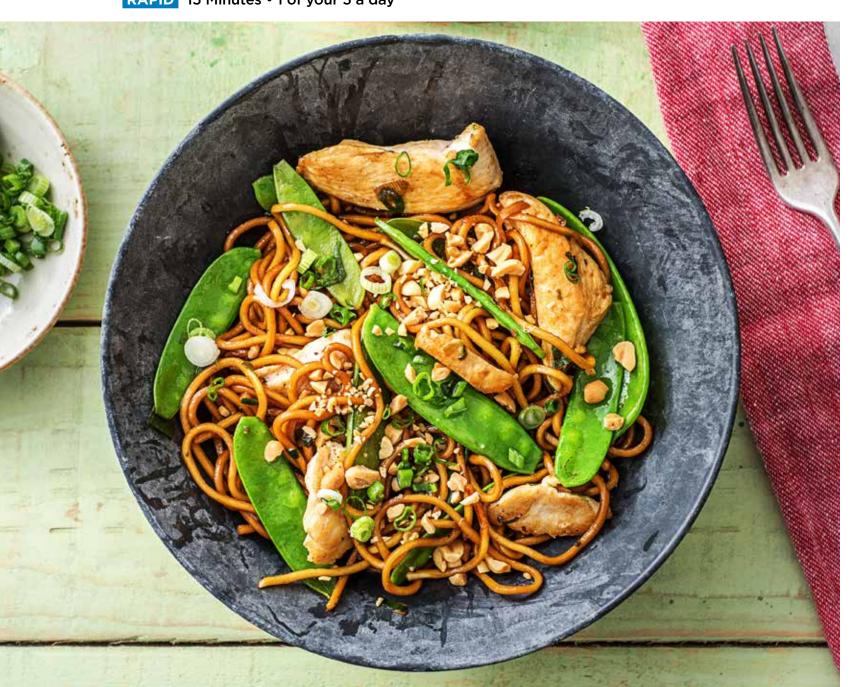


# **Speedy Chicken Noodles**

with Sugar Snap Peas and Red Pepper

RAPID 15 Minutes • 1 of your 5 a day







Egg Noodles

Diced Chicken Breast





Red Pepper

Spring Onion





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

- a) Fill and boil your kettle.
- **b)** Fill a saucepan with boiling **water** and bring back to the boil on high heat.
- c) 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!*



## 2. Fry the Chicken

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



# 3. Chop Chop!

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



# 4. Stir-fry Time

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



# 5. Finish up

- **a)** Drain the **noodles**, then add to the pan along with the **ketjap manis** and **soy sauce**.
- **b)** 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!



## 6. Serve

a) 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.