



Hoisin Chicken Stir-Fry with Red Pepper & Noodles

CLASSIC 30 Minutes • Little Heat • 1 of your 5 a day



Diced Chicken Thigh



Chinese 5 Spice



Red Pepper



Green Beans



Red Onion



Spring Onion



Ginger



Garlic Clove



Coriander



Egg Noodle Nest



Soy Sauce



Hoisin Sauce



King Prawns



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Basic cooking tools, you will need:

Saucepan, Fine Grater, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Diced Chicken Thigh**	280g	420g	560g
Chinese 5 Spice	¼	¼	½
Red Pepper**	1	1	2
Green Beans**	1 small pack	1 large pack	1 large pack
Red Onion**	1	1	1
Spring Onion**	2	3	4
Ginger**	½	¾	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Coriander**	1 bunch	1 bunch	1 bunch
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Hoisin Sauce 3) 11) 13)	2 sachets	3 sachets	4 sachets
King Prawns 5)**	150g	250g	300g

*Not Included ** Store in the Fridge

Custom Recipe: Not sure what this is about? Let us explain. We're currently trialing something exciting to make your dinners even more delicious and will be offering Custom recipes to all our customers very soon!

Nutrition

	Per serving	Per 100g
for uncooked ingredient	466g	100g
Energy (kJ/kcal)	2544/608	546/130
Fat (g)	16	3
Sat. Fat (g)	4	1
Carbohydrate (g)	74	16
Sugars (g)	23	5
Protein (g)	42	9
Salt (g)	4.88	1.05
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	541g	100g
Energy (kJ/kcal)	2738/655	506/121
Fat (g)	16	3
Sat. Fat (g)	4	1
Carbohydrate (g)	74	14
Sugars (g)	23	4
Protein (g)	54	10
Salt (g)	5.86	1.08

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 5) Crustaceans 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.

HelloFresh UK Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



1. Marinate the Chicken

Put a large saucepan of **water** with ½ tsp of **salt** on to boil for the noodles. Pop the **diced chicken** in a mixing bowl. Sprinkle over the **Chinese 5 spice** (careful not to use it all, it's quite strong!), and season with **salt** and **pepper**. Mix well to coat, cover and set aside. **IMPORTANT:** Remember to wash your hands after handling raw meat!



4. Stir-Fry the Chicken

While the **noodles** are cooking, heat a splash of **oil** in a frying pan (or wok) over high heat. Stir-fry the **chicken** until browned, 8-10 mins. **TIP:** If necessary, cook the chicken in batches to make sure the meat doesn't stew. Once cooked, transfer the **chicken** to a bowl and set aside. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



2. Prep the Veggies

Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **green beans** then chop into thirds. Halve, peel and thinly slice the **red onion** into half moons. Trim the **spring onions** and thinly slice. Peel and grate the **ginger** and **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



5. Combine

Add another splash of **oil** to your now empty pan (if it's dry) and lower the heat slightly. Add the **pepper** and **green beans** and stir-fry until starting to soften, 3-4 mins. Add the **red onion** and cook for another 2 mins, then add the **chicken** back into the pan. Add the **ginger** and **garlic** and cook for 1 minute more. Drain the **noodles** and add them to the pan along with the **soy sauce**, **hoisin sauce** and a splash of **water** to loosen.



CUSTOM RECIPE

If you've chosen to add **prawns** to your meal, add them at the same time that you add the **red onion**. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



3. Cook the Noodles

Add the **egg noodle nests** to the pan of boiling **water**. Stir to separate, then cook for 4 mins. Once cooked, drain in a colander, then run under **cold water** until they lose their heat. Pop them back in their pan, fill with **cold water** and set aside.



6. Finish and Serve

Toss well, to make sure all the ingredients are combined and cook for another 2 mins to ensure the **noodles** are piping hot. Finish the **stir-fry** by adding the **spring onion** and as much **coriander** as you like, then serve immediately.

Enjoy!