



Hoisin Chicken Stir-Fry

with Red Pepper & Noodles

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

N° 1



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

Before you start

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

Basic cooking tools you will need:

Mixing Bowl, Fine Grater, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Diced Chicken Thigh**	280g	420g	560g
Chinese 5 Spice	¼ pot	¼ pot	½ pot
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	3	4
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Hoisin Sauce 3) 11) 13)	2 sachets	3 sachets	4 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	466g	100g
Energy (kJ/kcal)	2538 / 607	544 / 130
Fat (g)	16	3
Sat. Fat (g)	4	1
Carbohydrate (g)	74	16
Sugars (g)	23	5
Protein (g)	42	9
Salt (g)	4.83	1.04

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 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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You can recycle me!

Packed in the UK



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 the **chicken**, 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. Add the Noodles

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 one 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.



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!

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.