



# Hoisin Chicken Stir-Fry

## to Hoisin Chicken Wrap with Zesty Salad

N° 18

**DINNER TO LUNCH** Dinner: 30 Minutes / Lunch: 5 Minutes • Little Heat



Diced Chicken Breast



Chinese 5 Spice



Red Pepper



Red Onion



Spring Onion



Ginger



Garlic Clove



Coriander



Egg Noodle Nest



Carrot



Baby Gem Lettuce



Lime



Mayonnaise



Hoisin Sauce



Soy Sauce



Wholemeal Tortilla

## Before you start

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

### Basic cooking tools, you will need:

Large Saucepan, Mixing Bowl, Fine Grater, Colander and Frying Pan.

### Ingredients

	2P	3P	4P
Diced Chicken Breast**	560g	700g	840g
Chinese 5 Spice	¼ pot	¼ pot	½ pot
Red Pepper**	1	1	2
Red Onion**	½	1	1
Spring Onion**	2	3	4
Ginger**	½	¾	1
Garlic Clove**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Egg Noodle Nest 8) 13)	2	3	4
Carrot**	1	1	1
Baby Gem Lettuce**	1	1	1
Lime	1	1	1
Mayonnaise 8) 9)	1 sachet	1 sachet	1 sachet
Hoisin Sauce 11) 13)	2 sachet	3 sachet	4 sachet
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Wholemeal Tortilla 13)	2	2	2

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

### Nutrition

DINNER	Per serving 394g	Per 100g
Energy (kJ/kcal)	1950/ 464	495/ 118
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	65	17
Sugars (g)	17	4
Protein (g)	45	11
Salt (g)	3.76	00.95
LUNCH	Per serving 328g	Per 100g
Energy (kJ/kcal)	1884/ 452	574/ 138
Fat (g)	17	5
Sat. Fat (g)	2	1
Carbohydrate (g)	35	11
Sugars (g)	31	9
Protein (g)	39	12
Salt (g)	1.84	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

8) Egg 9) Mustard 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.



HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

You can recycle me!

Packed in the UK



## 1. Marinate the Chicken

Pop the **diced chicken** in a mixing bowl. Sprinkle over the **Chinese 5 spice** (careful not to use it all, it's quite strong!), mix well to coat the **chicken**, cover and set aside. **IMPORTANT: Remember to wash your hands after handling raw meat!**



## 2. Prep the Veggies

Meanwhile, put a large saucepan of **water** with a pinch of **salt** on to boil for the **noodles**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and thinly slice the **red onion**. 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).



## 3. Stir-Fry Time

Heat a splash of **oil** in a frying pan (or wok) over high heat. Stir-fry the **chicken** until browned, 8-10 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.** Once cooked, transfer the **chicken** to a clean bowl and set aside. Add the **egg noodles** to the pan of boiling **water**. Stir and cook for 4 mins. Once cooked, drain in a colander, then run under **cold water** to cool. Drizzle with a little **oil** to stop them sticking .



## 4. Prep your Lunch

Meanwhile, trim the **carrot** and coarsely grate. Trim the root from the **baby gem lettuce** then half lengthways. Thinly slice widthways. Zest and halve the **lime**. Mix **half** of the **lime zest** into the **mayonnaise**. Transfer two portions of the cooked **chicken** to another small bowl and add a sachet of **hoisin sauce**. Mix well. Keep to one side, this is for your lunch!



## 5. Cook the Veggies

Add a splash of **oil** to your frying pan over medium-high heat. Stir-fry the **pepper** and **red onion** until softened, 3 mins. Add the **ginger** and **garlic**, cook for 1 minute more, then add the remaining **cooked chicken** to the pan. Add in the **noodles**, **soy**, remaining **lime zest** and remaining **hoisin sauce**. Toss well and cook for another 2 mins to ensure everything is piping hot. **TIP: Add a splash of water if you feel it needs loosening up a little.** Finish the **stir-fry** with the **spring onion**, a squeeze of **lime** and a sprinkle of **coriander**. **Enjoy!**



## 6. Assemble your Lunch

Lay your **tortillas** out on your board and spread the **limey mayo** down the middle. Top with some **shredded lettuce** and **grated carrot**. Next, add the **hoisin coated chicken** you cooked earlier. Wrap up tightly, then wrap in foil and refrigerate. Eat the following day.

**Enjoy!**