













Stir-Fried Chicken Noodles

with Pepper, Sugar Snap Peas and Hoisin Sauce

Calorie Smart **Eat Me Early** • 30 Minutes • Under 600 Calories • 1 of your 5 a day



-  Bell Pepper
-  Sugar Snap Peas
-  Garlic Clove
-  Ginger
-  Spring Onion
-  Cashew Nuts
-  Egg Noodle Nest
-  Diced Chicken Thigh
-  Hoisin Sauce
-  Maple Syrup
-  Soy Sauce

Before you start

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

Cooking tools, you will need:

Garlic Press, Frying Pan, Wooden Spoon, Bowl, Saucepan, Sieve, Measuring Jug.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Sugar Snap Peas**	80g	150g	150g
Garlic Clove**	1	2	2
Ginger**	1	2	2
Spring Onion**	1	2	2
Cashew Nuts 2)	12g	17g	25g
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Diced Chicken Thigh**	210g	350g	420g
Hoisin Sauce 3) 11)	2 sachets	3 sachets	4 sachets
Maple Syrup	1 sachet	2 sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	378g	100g
Energy (kJ/kcal)	2433 /581	643 /154
Fat (g)	15	4
Sat. Fat (g)	4	1
Carbohydrate (g)	76	20
Sugars (g)	24	6
Protein (g)	36	10
Salt (g)	3.05	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 3) Sesame 8) Egg 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



1 Prep the Veggies

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Chop the **sugar snap peas** into **thirds**. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Trim and thinly slice the **spring onion**. Heat a large frying pan over medium heat (no oil!) Once hot, add the **cashews** and cook, stirring regularly, until lightly toasted, 2-3 mins. **TIP: Watch them like a hawk as they can burn easily.** Once toasted pop into a small bowl.



2 Cook the Noodles

Meanwhile, bring a saucepan of **water** up to the boil with ¼ tsp **salt**. When boiling, add the **noodles** and cook until tender, 4 mins. Once cooked, drain in a sieve. **TIP: Run the noodles under cold water to stop them sticking together.**



3 Cook the Chook

Return the frying pan to a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** and **bell pepper** to the pan and stir-fry until golden brown on the outside and cooked through, 8-10 mins. Stir through the **garlic** and **ginger**, cook for a further 1 minute. **IMPORTANT: The chicken is cooked when no longer pink in the middle. IMPORTANT: Wash your hands after handling raw chicken and its packaging.**



4 Make the Glaze

Whilst the **chicken** and **noodles** cook, pop the **hoisin sauce, maple syrup, soy sauce** and **water** (see ingredients for amount) into a small bowl, mix well and set aside.



5 Glaze it Up

Once everything has cooked, pop the **noodles, sugar snap peas** and **hoisin glaze** into the pan with the **chicken**. Mix well to combine and cook for 2-3 minutes until everything is piping hot and the **sauce** has thickened and coated the **noodles** nicely. Taste and season with **salt** and **pepper** if needed. **TIP: Add a splash more water if the noodles are a little dry.**



6 Time to Serve

Share the **hoisin chicken noodles** between your bowls. Sprinkle over the **cashew nuts** and **spring onion**.

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.