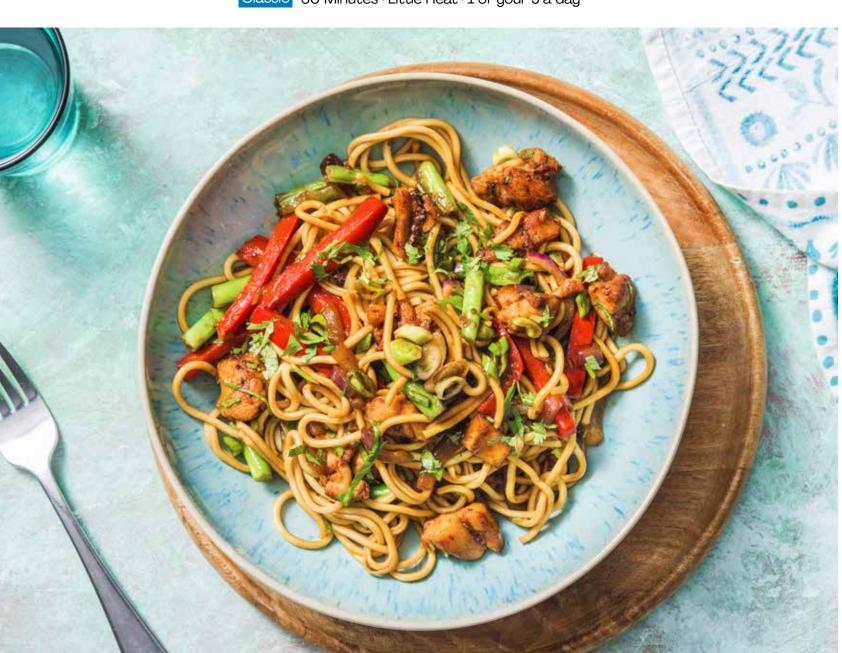


# Hoisin Chicken Stir-Fry

with Pepper & Noodles

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







Diced Chicken Thigh





Chinese Five Spice



Bell Pepper





Green Beans



Spring Onion



Ginger

Coriander

Soy Sauce

**Red Onion** 



Garlic Clove





Egg Noodle Nest





**Hoisin Sauce** 





#### **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

## Cooking tools, you will need:

Saucepan, Fine Grater (or Garlic Press), Colander and Frying Pan.

### Ingredients

	2P	3P	4P
Diced Chicken Thigh**	280g	420g	560g
Vivera Plant Chicken Pieces** 11) 13)	1 pack	1½ packs	2 packs
Chinese Five Spice	1/4 pot	1/4 pot	½ pot
Bell 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**	1/2	3/4	1
Garlic Clove**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Egg Noodle Nest 8) 13)	1 nest	1½ nests	2 nests
Soy Sauce <b>11) 13)</b>	1 sachet	1½ sachets	2 sachets
Hoisin Sauce 3) 11) 13)	2 sachets	3 sachets	4 sachets
*Not Included **Store in	the Fridge		

<sup>\*\*\*</sup>Based on season the colour of your bell pepper will either be red, orange or yellow to guarantee you get the best quality pepper.

#### Nutrition

	Per serving	Per 100g
for uncooked ingredient	474g	100g
Energy (kJ/kcal)	2579 /617	544/130
Fat (g)	16	3
Sat. Fat (g)	4	1
Carbohydrate (g)	76	16
Sugars (g)	23	5
Protein (g)	43	9
Salt (g)	3.21	0.68
(0/		
Custom Recipe	Per serving	Per 100g
Custom Recipe	Per serving	Per 100g
Custom Recipe for uncooked ingredient	Per serving 421g	Per 100g 100g
Custom Recipe for uncooked ingredient Energy (kJ/kcal)	Per serving 421g 2044/489	Per 100g 100g 485/116
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g)	Per serving 421g 2044/489 3	Per 100g 100g 485/116 1
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	Per serving 421g 2044/489 3 1	Per 100g 100g 485/116 1
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	Per serving 421g 2044/489 3 1 81	Per 100g 100g 485/116 1 1

Nutrition for uncooked ingredients based on 2 person recipe.

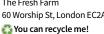
#### Allergens

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.

#### HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







#### 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 five spice (careful not to use it all, it's quite strong!), and season with salt and pepper. Mix well to coat the chicken then cover and set aside. IMPORTANT: Remember to wash your hands after handling raw meat!



#### **CUSTOM RECIPE**

If you have opted for veggie plant based chicken instead of diced chicken thigh, follow the same instructions above.



## 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.



#### **CUSTOM RECIPE**

If you've opted for the veggie plant based chicken instead of the diced chicken thigh. Stirfry the **veggie chicken** until browned, 6-7 mins. Then treat the **veggie plant based chicken** the same as the the recipe instructs you to cook the normal chicken in the step above and in the rest of the recipe. **IMPORTANT**: The veggie plant based chicken is cooked when piping hot all the way through.



## 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).



### 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.



## Add the Veggies

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.



## 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.

### Enjou!