



Peanut Chicken and Broccoli Stir-Fry with Noodles, Pepper and Spring Onion

Rapid Eat Me Early • 20 Minutes • Mild Spice • 2 of your 5 a day

16



Diced Chicken Thigh



Garlic Clove



Spring Onion



Red Chilli



Lime



Broccoli



Bell Pepper



Egg Noodle Nest



Ketjap Manis



Soy Sauce



Peanut Butter



Diced Chicken Breast

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

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, frying pan, garlic press, fine grater, bowl, aluminium foil, measuring jug, saucepan and lid.

Ingredients

	2P	3P	4P
Diced Chicken Thigh**	280g	420g	560g
Garlic Clove**	2	3	4
Spring Onion**	1	2	2
Red Chilli**	½	¾	1
Lime**	½	1	1
Broccoli**	½	1	1
Bell Pepper***	1	2	2
Water for the Sauce*	75ml	100ml	150ml
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	25ml	25ml	50ml
Peanut Butter 1)	1 sachet	2 sachets	2 sachets
Diced Chicken Breast**	280g	420g	560g

*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	464g	100g
Energy (kJ/kcal)	2996 /716	645 /154
Fat (g)	23.4	5.0
Sat. Fat (g)	5.3	1.2
Carbohydrate (g)	77.6	16.7
Sugars (g)	22.0	4.7
Protein (g)	48.0	10.4
Salt (g)	4.98	1.07
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	464g	100g
Energy (kJ/kcal)	2979 /640	577 /138
Fat (g)	12.5	2.7
Sat. Fat (g)	2.54	0.6
Carbohydrate (g)	77.6	16.7
Sugars (g)	22.0	4.7
Protein (g)	53.5	11.5
Salt (g)	4.98	1.07

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 8) Egg 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Get Started

- Boil a full kettle. Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **chicken** and fry until browned all over and cooked through, 8-10 mins.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.
- Meanwhile, peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**.
- Halve the **chilli** lengthways, deseed, then finely chop.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Cook the Veg

- While the **noodles** cook, pop the (now empty) frying pan back on high heat with a drizzle more **oil** if needed.
- When hot, add the **broccoli** and **pepper** and stir-fry for 2-3 mins.
- Stir in the **garlic** and **half** the **chilli** (see ingredients for amount, add less if you don't like too much heat) and stir-fry for 30 secs.
- Add a splash of **water** then pop a lid on the pan, or cover in foil, and cook until tender, a further 2-3 mins.



Finish the Prep

- Zest the **lime** and cut into wedges.
- Cut the **broccoli** into florets (like small trees), then halve them.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Once the **chicken** is cooked, transfer it to a bowl and cover with foil to keep warm (but keep the pan for the later). **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Add the Flavour

- While the **veg** cooks, add the **ketjap manis**, **soy sauce** and **peanut butter** to the **boiled water** in the jug. Whisk your **peanut sauce** together well.
- Once the **veg** is tender, return the **chicken** to the frying pan along with the **cooked noodles** and **peanut sauce**.
- Mix together and cook until everything is piping hot, 2-3 mins.



Cook the Noodles

- Meanwhile, when your kettle has boiled, pour the **water for the sauce** (see ingredients for amount) into a measuring jug.
- Pour the rest of the **boiling water** into a large saucepan on high heat.
- Add ¼ **tsp salt** and the **noodles**, then bring back to the boil. Cook until tender, 4 mins.
- Once cooked, drain in a colander. **TIP:** Run the noodles under cold water to stop them sticking together.



Garnish and Serve

- When ready, share the **chicken stir-fry** between your bowls.
- Sprinkle over the **lime zest**, **spring onion** and any remaining **chilli** to finish.
- Serve with the **lime wedges** for squeezing over.

Enjoy!