



Shanghai Chicken Stir-Fry

with Red Pepper and Noodles



HELLO CORIANDER

Know a coriander hater? Around 14% of people carry a gene which makes this herb taste soapy to them!



Chicken Thigh



Chinese 5 Spice



Red Pepper



Red Onion



Spring Onion



Ginger



Garlic Clove



Coriander



Egg Noodle Nest



Soy Sauce



Hoisin Sauce

30 mins

2 of your 5 a day

Medium Heat

The wonderful Rick Stein is one of André's favourite chefs. Watching Rick's show one evening, he was very taken with a cracking-looking Shanghai-style pork belly. Inspired (and ravenous), André was dismayed to find he had no pork but wasn't going to let a little thing like that stand between him and a delicious dinner and this Shanghai-style chicken stir-fry was born. Never have we been happier about an understocked fridge!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Mixing Bowl, Fine Grater** (or **Garlic Press**), **Colander** and **Frying Pan** (or **Wok**). Now, let's get cooking!



1 PREP THE CHICKEN

Put a large saucepan of water with a pinch of **salt** on to the boil for the **noodles**. Slice each **chicken thigh** into 1cm wide strips and place in a mixing bowl. Sprinkle over the **Chinese 5 spice**, mix well to coat the **chicken**, cover and set aside. Wash your hands, knife and chopping board and then get on with the rest of your prep.



2 PREP THE VEGGIES

Halve, then remove the core from the **red pepper** and thinly slice. Halve, peel and thinly slice the **red onion** into thin half moons. Remove the root from the **spring onion** and thinly slice. Peel and grate the **ginger** and **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



3 COOK THE NOODLES

Pop the **egg noodle nests** into your pan of boiling water and cook for 4 mins. Drain in a colander and then run under cold water until they lose their heat. **★ TIP:** *This is to stop them cooking anymore.*



4 FRY THE CHICKEN

While your **noodles** are cooking, put a plug of **oil** in a large frying pan (or wok) over high heat. Stir-fry the **chicken** until browned, 7-10 mins. **★ TIP:** *If your pan is on the small side, cook the chicken in batches to make sure the meat doesn't stew.* When done, transfer the **chicken** to a bowl and set aside. **★ TIP:** *The chicken is cooked when it is no longer pink in the middle.*



5 FRY THE VEGGIES

Add another splash of **oil** to your pan (if necessary) and lower the heat slightly. Stir-fry the **pepper** for 3 mins, then add the **onion**. Cook for another 2 mins and then add the **chicken** back into the pan. Add the **ginger** and **garlic**, cook for 1 minute more before stirring in the drained **noodles** along with the **soy sauce** and **hoisin sauce**.



6 FINISH AND SERVE

Toss well, to make sure all the ingredients are combined and cook for another minute to ensure your **noodles** are piping hot. Finish the **stir-fry** by adding the **spring onion** and as much **coriander** as you like then serve immediately. **Enjoy!**

2 PEOPLE INGREDIENTS

Chicken Thigh, sliced	4
Chinese 5 Spice	¼ tsp
Red Pepper, sliced	1
Red Onion, sliced	½
Spring Onion, sliced	3
Ginger, grated	½ knob
Garlic Clove, grated	1
Coriander, chopped	1 bunch
Egg Noodle Nest 1) 3)	2
Soy Sauce 1) 6)	1½ tbsp
Hoisin Sauce 1) 6)	2 tbsp

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	580	132
(kJ)	2440	554
Fat (g)	16	4
Sat. Fat (g)	4	1
Carbohydrate (g)	52	12
Sugars (g)	19	4
Protein (g)	58	13
Salt (g)	3.82	0.87

ALLERGENS

1)Gluten 3)Egg 6)Soya

Soy Sauce Ingredients: Water, **Soybeans**, Salt, Sugar, **Wheat Flour** (**Gluten**), Preservative E211, Food Colouring E150d

Hoisin Sauce Ingredients: Sugar and Cane Molasses (39%), Water, Yellow Bean Sauce (17%) [Fermented Salted **Soybean** (**Soybean**, **Wheat Flour**, Water, Yellow Bean Sauce (17%) [Fermented Salted **Soybean** (**Soybean**, **Wheat Flour**, Salt, Water) Soy Sauce (Water, **Soybean**, Salt, **Wheat Flour**), Sugar, Water, Colour: Caramel], Soy Sauce (8%) (Water, Salt, Colour: Caramel, Sugar, **Soybean**, **Wheat Flour**), Red Wine Vinegar, Black Treacle, Thickeners: Modified Maize Starch, Rapeseed Oil, Red Chilli Purée (Red Chilli, White Wine Vinegar, Sunflower Oil, Sea Salt, Stabiliser: Guar Gum), Garlic Powder, Spices.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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