



# Shanghai Style Hoisin Chicken Stir-Fry with Pepper & Noodles

Calorie Smart 25 Minutes • 2 of your 5 a day

28



Bell Pepper



Green Beans



Red Onion



Spring Onion



Ginger



Garlic Clove



Coriander



Egg Noodle Nest



Diced Chicken Thigh



Soy Sauce



Hoisin Sauce

## Before you start

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

## Cooking tools, you will need:

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

## Ingredients

	2P	3P	4P
Bell Pepper***	1	1	2
Green Beans**	80g	150g	150g
Red Onion**	1	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 nests	3 nests	4 nests
Diced Chicken Thigh**	280g	420g	560g
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Hoisin Sauce 11)	3 sachets	4 sachets	6 sachets

\*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	471g	100g
Energy (kJ/kcal)	2052/490	435/104
Fat (g)	16	3
Sat. Fat (g)	4	1
Carbohydrate (g)	49	10
Sugars (g)	25	5
Protein (g)	38	8
Salt (g)	4.51	0.96

Nutrition for uncooked ingredients based on 2 person recipe.  
SmartPoints® values based on low-cal cooking spray oil.

## Allergens

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!



## Prep the Veggies

Put a large saucepan of **water** with **½ tsp of salt** on to boil for the **noodles**. 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**. Trim and thinly slice the **spring onion**. Peel and grate the **ginger** and **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



## Cook 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.



## Cook the Noodles

Once boiling, add the **noodles** to the pan of **water** and cook until tender, 4 mins. Once cooked, drain in a colander. **TIP: Run the noodles under cold water to stop them sticking together.**



## Add the Noodles

Pop the **chicken** back into the pan. Add the **ginger** and **garlic** and cook for 1 min more. Stir the **noodles** into the pan, along with the **soy sauce**, **hoisin sauce** and a splash of **water** to loosen.



## Stir-Fry the Chicken

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once the **oil** is hot, add the **chicken** to the pan and season with salt and **pepper**. Stir-fry until golden brown on the outside and cooked through, 8-10 mins. Transfer to a bowl, set aside. **IMPORTANT: Wash your hands and equipment after handling raw meat. The chicken is cooked when no longer pink in the middle.**



## Finish and Serve

Mix 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.

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.

