



SHREDDED CHICKEN

with Thai Style Noodle Salad



HELLO SOY SAUCE

Soy sauce is one of the world's oldest condiments and has been used in China for more than 2,500 years.



Rice Noodles



Thai Spice Blend



Chicken Fillet



Red Pepper



Shallot



Coriander



Lime



Salted Peanuts



Mirin



Soy Sauce

MEAL BAG

20 mins

1.5 of your 5 a day

Medium heat

Rapid recipe

GET **PREPARED!**

Fill and boil your **Kettle**.

BEFORE YOU START

- 1) Fill and Boil your **Kettle** 2) Wash the veggies. 3) Make sure you've got a **Mixing Bowl**, **Colander**, two **Frying Pans** (one with a **Lid**), **Measuring Jug** and **Fine Grater**. Let's start cooking the **Shredded Chicken with Thai Style Noodle Salad**.



1 SOAK THE NOODLES

- Pop the **noodles** into a mixing bowl.
- pour on enough boiling water to submerge them.
- Leave to soak for 10-12 mins. **★ TIP:** *The noodles will soften and cook in this time.*
- When cooked, drain the **noodles** in a colander, cool under running water and return to the bowl.



2 COOK THE CHICKEN

- Heat a splash of **oil** in a frying pan on high heat. Sprinkle the **Thai spice** over both sides of the **chicken** (use less if you don't like **spice**) Add the **chicken** to the pan and brown for 1-2 mins on each side.
- Lower the heat to medium, add the **water** (see ingredients for amount) and cover with a tight fitting lid. Cook for 10 mins. **! IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



3 PREP THE VEGGIES

- Meanwhile, halve the **pepper**, then remove the core from the **pepper** and thinly slice.
- Halve, peel and thinly slice the **shallot**.
- Roughly chop the **coriander** (stalks and all).
- Zest, then juice the **lime**.
- Crush or finely chop the **peanuts**.



4 STIR-FRY THE VEGGIES

- Heat a splash of oil in another frying pan over high heat.
- When hot, stir-fry the **pepper** and **shallot** until softened, 3 mins.
- Transfer to a bowl, we will add them to the noodles later.



5 MAKE THE DRESSING

- Mix the **lime zest**, **mirin**, **soy sauce** and **lime juice** together in a small bowl.
- Stir in the **sugar** and **oil** (see ingredients for amount) and **half** the **coriander**.



6 ASSEMBLE AND SERVE

- Shred the **chicken** using two forks.
- Toss the **noodles**, veggies and dressing together in the bowl.
- Serve, topped with the **chicken**. Finish with a sprinkling of the **peanuts** and **coriander**.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	4P
Rice Noodles	¾ pack	1½ packs
Thai Spice Blend 3)	½ tsp	1 tsp
Chicken Fillet	2	4
Water*	50ml	100ml
Red Pepper	1	2
Shallot	1	2
Coriander	1 bunch	1 bunch
Lime	2	3
Salted Peanuts 1)	1 small bag	1 large bag
Mirin	1 sachet	2 sachets
Soy Sauce 11) 13)	1 sachet	2 sachets
Sugar*	1 tsp	2 tsp
Oil*	1 tbsp	2 tbsp

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 454G	PER 100G
Energy (kcal)	595	130
(kJ)	2487	544
Fat (g)	12	3
Sat. Fat (g)	3	1
Carbohydrate (g)	71	16
Sugars (g)	7	1
Protein (g)	49	11
Salt (g)	2.86	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 3) Sesame 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and Vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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