



Speedy Chicken Noodles with Green Beans and Pepper

Rapid 15 Minutes • 1 of your 5 a day

N° 15



Egg Noodle Nest Diced Chicken Breast



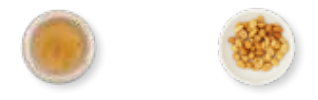
Bell Pepper Spring Onion



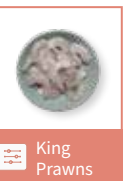
Lime Green Beans



Ketjap Manis Soy Sauce



Honey Salted Peanuts



King Prawns

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.

Before you start

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

Cooking tools, you will need:

Kettle, Saucepan, Sieve, Frying Pan.

Ingredients

	2P	3P	4P
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Diced Chicken Breast**	280g	420g	560g
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Lime**	½	1	1
Green Beans**	80g	150g	150g
Ketjap Manis 11) 13)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets
Honey	1 sachet	2 sachets	2 sachets
Salted Peanuts 1)	25g	40g	40g
King Prawns 5)**	150g	180g	250g

*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	413g	100g
Energy (kJ/kcal)	1880 /449	456 /109
Fat (g)	10	2
Sat. Fat (g)	2	1
Carbohydrate (g)	48	12
Sugars (g)	26	6
Protein (g)	26	10
Salt (g)	2.92	0.71

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	486g	100g
Energy (kJ/kcal)	2075 /496	426 /102
Fat (g)	10	2
Sat. Fat (g)	2	1
Carbohydrate (g)	48	10
Sugars (g)	26	5
Protein (g)	54	11
Salt (g)	3.91	0.80

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **5)** Crustaceans **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.

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

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You can recycle me!



Cook the Noodles

- Fill and boil your kettle.
- Fill a medium saucepan with boiling **water** and bring back to the boil on high heat.
- Add the **noodles** and boil for 4 mins.
- When cooked, drain in a sieve. Return the **noodles** to the pan and refill with cold **water**. **TIP:** This will stop the noodles from sticking together.



Stir-Fry Time

- Add the **pepper, green beans** and **half** the **spring onions** to the **chicken**.
- Stir-fry for another 3-4 mins.



CUSTOM RECIPE

- If you've decided to add **prawns** to your meal, add them to the pan when you add the **green beans** etc - cook for the same amount of time. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.



Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan or wok over high heat.
- When hot, add the **chicken** and fry, stirring occasionally, until starting to brown, 4-5 mins. **IMPORTANT:** Wash your hands after handling chicken and its packaging.



Finish Up

- Drain the **noodles**, then add to the pan along with the **ketjap manis, soy sauce** and **honey**. **TIP:** If your honey has hardened, pop the unopened sachet in a bowl of hot water for 1 min.
- Add a squeeze of **lime juice** and toss everything together until piping hot and the **chicken** is cooked, another 2-3 mins. **TIP:** Add a splash of water if you feel it needs it. **IMPORTANT:** The chicken is cooked when no longer pink in the middle!



CUSTOM RECIPE

- If you've decided to add prawns to your meal, make sure they're cooked through before serving. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



Chop Chop

- Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Trim the **green beans** and chop into 3 pieces.
- Trim and thinly slice the **spring onions**.
- Cut the **lime** into **wedges**.



Serve

- Add **salt** and **pepper** to taste.
- Serve the stir-fry in bowls topped with the remaining **spring onions, peanuts** and remaining **lime wedges** for squeezing over.

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.