



Speedy Chicken Noodles

with Mangetout and Pepper

BALANCED 15 Minutes • Under 600 Calories • 1 of your 5 a day

N° 15



Egg Noodles



Diced Chicken Breast



Bell Pepper



Spring Onion



Lime



Mangetout



Ketjap Manis



Soy Sauce



Salted Peanuts

Before you start

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

Basic cooking tools, you will need:

Saucepan, Sieve and Frying Pan.

Ingredients

	2P	3P	4P
Egg Noodles 8 13)	2 nests	3 nests	4 nests
Diced Chicken Breast**	280g	420g	560g
Bell Pepper***	1	2	2
Spring Onion**	2	3	4
Lime**	½	1	1
Mangetout**	1 small pack	1 large pack	1 large pack
Ketjap Manis 11 13)	1 sachet	1½ sachets	2 sachets
Soy Sauce 11 13)	1 sachet	1½ sachets	2 sachets
Salted Peanuts 1)	1 small bag	1 large bag	2 small bags

*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	401g	100g
Energy (kJ/kcal)	2326 /556	580 /139
Fat (g)	11	3
Sat. Fat (g)	2	1
Carbohydrate (g)	68	17
Sugars (g)	16	4
Protein (g)	50	12
Salt (g)	2.25	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **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

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Packed in the UK



1. Cook the Noodles

- Fill and boil your kettle.
- Fill a 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!



4. Stir-fry Time

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



2. 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.



5. Finish Up

- Drain the **noodles**, then add to the pan along with the **ketjap manis** and **soy sauce**.
- 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!



3. Chop Chop!

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



6. Serve

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